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Mrs. Norton's cook-book

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Mrs. Norton's Cook-Book

Selecting, Cooking, and Serving for the Home Table

By

Jeannette Young Norton

G. P. Putnam's Sons
New York and London
The Knickerbocker Press
1917

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The Knickerbocker Press, New York

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THIS BOOK IS LOVINGLY DEDICATED TO

MY SON

WHOSE APPRECIATIVE ENTHUSIASM INSPIRED THE WRITING.

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PREFACE

In presenting this volume to the public I want to acknowledge my gratitude to my friends among master marketmen in all branches, prominent chefs, and good home cooks, all of whom have willingly and generously aided me in all ways possible.

I have tried to make this a cook book, pure and simple, avoiding all reference to, and rules of, chemistry, feeling that the pupils of the schools of domestic science have all such information and their training will enable them to adapt any desired recipe to fit their own chemical measurements. The lay woman would not ordinarily use such information if it were given.

Feeling that all women would prefer to find adequate information as to season, time of cooking, and so on, directly with the recipe for the cooking of that particular food, I have incorporated all information in that way—with each recipe —rather than in separate tables.

Believing the question of temperance to be a purely personal one, I have included wines and liquors in various recipes, where their presence is considered by culinary experts to be a decided improvement in the flavoring of the dish.

As fashions in table decorations change with the seasons, I have decided to omit from these pages pictures of set tables.

This book is the outcome of twenty-five years of experience in cooking and testing foods. Many of these recipes have already appeared in magazines and newspapers throughout the United States.

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Good cooking does not consist in the preparation of highly seasoned foods designed to pamper perverted appetites, but in cooking the simple things in a palatable way. To become a good cook one must love the work and never find it too hard or disagreeable, and must be impervious to heat or cold. The impatient cook will soon wake to the fact that everything in the kitchen reflects her mood, and usually failure will be the result. The cheery cook, who looks upon her work as an art to be cultivated and learned, is bound to succeed. Cheeriness is infectious, and it will span the distance between her kitchen and her tradesmen's shops, with the result that they will all strive to do their best in her service.

In using this book every recipe and the instructions about it should be carefully read before attempting the making of the dish selected.

A carefully prepared index will be found at the back of the book.

May all my sister-women who use this book find in it solutions for their culinary problems, and may success attend their earnest endeavors, is the cordial wish of,

JEANNETTE YOUNG NORTON.

NEW YORK,
January, 1917.

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PART I

General Information

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PART I

General Information

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COOKING BY COAL, GAS, AND ELECTRICITY

COOKING with a coal range, while it gives the best results of any cooking medium, is the most troublesome. The cook must understand every part of the range, the exact quantity of the chimney draught, and just what the range will do under all conditions. It must be thoroughly cleaned and the fire brick be kept free of clinkers if it is to do its best work. This is satisfactorily done by purchasing two pounds of zinc scraps from the tinsmith and strewing them over the top of a bright burning fire. They will soon disappear in white fumes of zinc oxide which will clean away all soot from stove and chimney as well as a sweep would do the job. There are many good coal ranges on the market but the one that is most highly favored is that with the gauze oven door. The writer speaks from experience, having used one steadily for sixteen years, and during that time never had things more deliciously cooked in an oven or a thing burned except on one or two occasions when it was from carelessness and not due to the range conditions.

Gas. When cooking with the modern gas stove there are a few regular rules that must be obeyed. When the stove is placed it should like a coal stove have a pipe running from it into a chimney in order to carry off all poisonous gases. When lighting the stove for use of the oven open the doors to liberate any gas that may be confined there, light the pilot light, then turn on one oven burner at a time and make sure they are lighted, then turn off the pilot, close the doors, and allow the oven to heat to the desired temperature before using. When broiling, leave the door of the broiler

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open. When baking many cooks put a basin of water into the oven to supply moisture to the hot air. It is also a wise precaution to have the range tested and looked to by the gas man once in three months, to regulate the draughts and general things that may need an expert's eye. The asbestos pads are handy to keep things from burning on the gas holes, or those of perforated steel with a double bottom are good. An asbestos glove is nice to use while basting foods as it protects the hand and forearm from the heat. While cooking by gas is very handy and a good method, the cook must make up her mind to stay in the kitchen while the cooking is going on or run the risk of accidents of various kinds. The flame is not always dependable like the coal fire and one never knows just how to gauge it to leave for any length of time.

Electricity. The coal range and the gas range have each marked a step towards cooking perfection, but the electric range seems to have distanced all previous methods. Electric cooking is no longer confined to the very wealthy homes or to those where there is a man who understands electricity, but is available to everybody. The price of the current is now low enough to make it practical, and the control of heat used has been perfected. The operator at each burner commands three degrees of heat at the turn of a simple switch. There is no waste and the degree is always the same. No heat can escape from the oven for it is planned on the principle of the fireless cooker and is heavily insulated to retain the heat. It is flameless and safe cooking, with no smoke, soot, or ash. The oven may be regulated by the thermometer set in the door. Among the good features of the electric range are many, one being that the oven is on a level with the cooking hole plate where it is very easy to get at what is cooking. Underneath there is a shelf which serves as a hot table on which foods may be kept warm while dishing up the meals.

There are many arguments for and against the use of the

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fireless cookers, but no matter which of the many kinds on the market are used they all have to have the foods to be cooked in them started on a range, that is all but the electric cooker.

The electric fireless cooker is said to roast, bake, boil, fry, steam, and stew equally well. It is attached to the electric current also by an ordinary socket plug, and at the end of thirty minutes the current is automatically discontinued. The cooking goes on as long as desired. A number of things may be cooked at the same time, as in other styles of fireless cookers.

The electric frying pan is operated by a socket plug, so it may be used right on the breakfast table if desired, as the electric toaster is used. It may also be inverted on its stand to become a disk stove, upon which other utensils may be heated. The current runs through the hollow handle.

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SERVING MEALS

THE five-course dinner is the one generally served to-day, with the eight courses for state occasions. The instructions given here for laying the table and a few words as to waiting may be used for luncheons, dinners, and formal breakfasts. After putting on the felt silence cloth cover it with the tablecloth. Place the centerpiece, flowers, candles, and other decorations next. Arrange about the center the relishes, salted nuts, and bonbons in cut glass, silver, or fancy dishes. Put a service plate at each place and lay the folded napkin at the left, the knives at the right, the blades turned toward the plate; the one next the plate is the dessert knife, next the meat knife, then the fish knife, and then the soup spoon, and the oyster, clam, or snail fork is laid across them diagonally. On the left side the mating forks are laid, with an extra one for the entrée. As butter is seldom served at dinner the plate and spreader are omitted, but if used they head the forks, while the water and wine glasses head the knives. The individual salt cellars head the plate; if the tiny castors are used then one is placed between each two guests.

The dinner roll or soup stick may be folded in the napkin if desired. As course replaces course the waitress removes the plate with her left hand, replacing the fresh one with her right hand, so that the place is never empty until the table is crumbed for the sweet course.

In modern dinner parties the cocktails and relishes are eaten in the drawing-room before dinner is announced, thus allowing fifteen minutes for the arrival of a belated guest.

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The coffee and bonbons are also served in the drawing-room after dinner.

In serving at home or informal dinners the hostess is always served first, at formal affairs the guest of honor, who usually sits at the host's right hand, is served first, then the hostess and the other guests. At most fashionable dinners the meat or game is carved in the butler's pantry and passed; or if the dish is very unusually cooked and garnished it is set for a few minutes before the host so it can be seen, then it is removed to the sideboard or side table and carved.

During the meat course the waitress must see that the bread is passed and that a second helping of vegetables is offered to each guest. In passing the vegetables she grasps the dish firmly in her left hand and holds it close down to the edge of the plate and conveniently near for the guests to serve themselves without difficulty.

Serving dinner with one maid or without a maid requires careful calculation and a very restricted number of guests if it is to be a success. Of course the foods can be well planned and ready to serve in their regular order but the serving is the rub. The hostess must sit in the place where she makes least confusion going to and fro from the kitchen, and in this case good sized trays or a wheeled server are allowable.

It is much easier to give three or four parties to a limited number if one must do it without help than one large and confusing affair. In fact an elaborate dinner is an abomination if it is not well cooked and perfectly served.

Children are debarred from formal dinners until they are quite well grown, which is a wise provision and lessens many complications.

Dinner invitations are sent out two weeks in advance, and should be accepted or regrets sent within three or four days.

Cocktails and relishes are served in the drawing-room. Oysters or clams on the half shell, or a canapé precede the soup at table. Next the fish or an entrée. Then the meat

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and vegetables. Then the dinner may be broken with an ice. Then the game course, next the salad, with which the crackers and cheese are offered, then the pudding, or frozen dainties, the coffee and bonbons being served in the drawing room.

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TABLE LINENS

THE modern woman has learned to take such pride in her linen closet and such good care of her linens that it is not an extravagance to add a few new pieces to her stock each season. She now keeps that which is not in everyday use folded in well blued linen cloths, the lace and embroidered centerpieces rolled on padded rollers, and her very fine doilies basted on soft cushions. The matron who entertains often must keep her table appointments up to the standard set by fashion; beyond that she may allow herself even a dash of originality, but the changes of fashions in laces, sizes of napkins and doilies, patterns of damasks and marking of the linen, are details wherein her knowledge must be kept up to the moment. Authority may vary in different localities on some points in linen fashions, but the exclusive shops are good guides and it is safe to follow their advice in the main selection.

The elegant dinner cloth of to-day is of lace and finest linen. Point de Venise lace is combined with Venetian embroidery and cutwork or with the Italian Reticella work in the most elaborate and expensive cloths. There are round cloths with filet medallions and an eighteen-inch fall below the table. For luncheon, if the lace cloth is to be used, it comes in size to exactly fit the top of the table, to be used without doilies, or in a set of centerpiece, size 27 or 29 inches in diameter, and plate, butter-plate, and glass doilies. Which to use is a matter of taste only. The same cloths may be had in the square shape if one's table is square, and it is permissible to have an under-cloth of satin to match the color of the floral decorations. The "chem-

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in" or table runner to use on the Abbey tables is to be had in the same elaborate lace patterns. These lace tablecloths are rarely marked, as the lace and embroidery cover nearly all the available surface; sometimes, however, they are marked in little one-inch letters simply for identification in case of loss.

With the fashion of serving the cocktail and relish in the drawing-room before dinner, and the serving of coffee and cordial in the same way after dinner, the tiny cocktail and tea or coffee napkins have become necessities. The former are six inches square, with one corner embroidered with a tiny strutting "Chantecler" in white or in colors, or a lace inset butterfly with a lace edge around the napkin. The tea or coffee napkins are a trifle larger, but embroidered and finished in the same way. With the lace cloths, the lace-edged napkins with one corner embroidered are used, and they are in what is called medium size; in fact, the dinner napkins now in general use are this size, as Americans do not seem to care for the 30-inch size popular in France.

The plain linen damask dinner cloth, with or without the double satin border, still leads the fashion. Such cloths when oblong have four monograms or sets of initials. Two at the sides are placed with the tops of the letters 15 inches from the center of the cloth, to allow for a centerpiece 27 inches in diameter, and the end monograms are placed about 18 inches from each end of the table. The letters are from two to four inches high, according to fancy. The round cloth has two monograms, one at each end of the center. In some instances the initials appear on diagonal corners of the cloth and in one corner of the napkin, but the newest way is to mark the center of the napkin, folding the ends under to show the elaborate initials. The oblong doilies, to use for plate, glass, and butter-plate, are used, but are not as fashionable as the three separate ones for the same purpose.

The favorite patterns seem to be the three-inch diagonal and length-wise stripes of satin and plain damask, with

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conventionalized borders that are six or eight inches wide. One with moire satin and damask stripes four inches wide has a handsome Grecian border. Of the newest offerings in pattern damask there are the "ermine," the "laurel and acorn," "thistle and scroll," "Celtic and block," "empire and block," and the floral patterns. The stems in these floral patterns start at the edges or ends and corners of the cloth. One odd cloth is of plain damask with an immense bunch of American Beauty roses stretching diagonally across the cloth, tied with a satin woven bowknot.

The beautiful lace cloths are made mostly in Germany, in the Black Forest, where the makers are expert in the Weikel and mosaic drawnwork. These cloths are best dry-cleaned and then laid away in deeply-blued muslin cloth. The formal dinner cloths, like the centerpieces, are rolled so there are no creases, while the everyday cloths may be folded.

Four distinctly new patterns in table linens are worth calling attention to. One is a new version of the "rose and bowknot" design. The roses, large and exquisitely natural, are gathered in big bunches, garlanded by the satiny bowknots around the cloth in irregular wreath fashion above the three-inch border of feathery maidenhair fern, so that the blooms lay upon the table top, finishing just outside the centerpiece.

A new "Adams" cloth has the familiar oval medallion design arranged to form a prim but fascinating border that should set off the family silver to great advantage. A "Jacobean" cloth has a formal heavy architectural design which is quite as somber as the furniture from which it is taken, and it makes a most formal appearing dinner cloth. The pattern is so arranged that it extends on to the table top, so that the centerpiece which is to be used with it must be chosen with great care to be in harmony with this dignified cloth.

A Grecian key and laurel wreath design is not nearly as formal as the other patterns. A new version of the

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striped cloth has the broad moire pattern stripes running diagonally across the table with a rather severe conventionalized floral border. An odd cloth has a laurel circular band which lies upon the top of the table, and is almost reached by bunches of bluebells and poppies tied together with bowknots.

Very attractive is the plain linen luncheon cloth, which is hemstitched and tape bordered, with mitered hem. There are napkins to match this cloth. One of the most attractive cloths has baskets of fruit swinging by ribbons from a wreath in the center, and below there is a garland of grape leaves with bunches of grapes depending toward the bottom of the cloth.

The ribbon trellis pattern should be used without a centerpiece other than flowers. Two-inch satin stripes run from hem to hem each way, forming the four-inch trellis blocks.

The tablecloth of plain damask with four-inch satin border is still the fashion leader. Linen men, however, all prophesy a decided change in patterns in the near future, as Egyptian designs are promised, with the Sphinx, Arabesques, dragons, and all sorts of unusual figures which will, for a time, cast the flowers and fruit, the ribbons and wreaths, even our grandmother's "snowdrop," into the shade.

Worn tablecloths are a great tax on the housewife's ingenuity, for they seem to be naturally depraved and are always getting themselves torn in the most impossible places, acquiring spots without seeming provocation, and in almost a night showing a perforation of fine holes that are a problem for the finest of cobweb darners. A patched tablecloth is an abomination in the sight of the particular housekeeper, so when they wear out in the center she feels justified in cutting the edges up for home breakfast or serving napkins and joyfully filling its place with a new one. If cloths are torn beyond redemption they may be cut into tray cloths for everyday use. One way to mend the difficulty is to take some small Irish crochet ornaments and cover the holes in a special design which gives the cloth a

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new lease of life. Another way is to cut away the holes the size of fifty-cent pieces and fill them in with an embroidered cobweb design. A third way is to cut out the entire worn center and appliqué a Japanese embroidered centerpiece in the opening, making doilies to match, and thus a most attractive luncheon set of the erstwhile wreck is made.

If the year is started with six new tablecloths and they are used in rotation it is astonishing how long a time they will last, if fair care is taken in the laundering. The round cloths, while very pretty to use on the popular round tables, are very difficult to launder and have them keep their shape unless they are done by an expert.

Linens Set Apart for the Veranda. Most popular for this use are the plain art linens, which come in many of the softer pastel shades, as well as in the nut-browns and purples. The cloths are finished with the Grecian knotted fringe eight inches deep and braided about four inches, and they are weighted at each corner with little linen-covered lead weights to defy stray breezes. These can be removed when the cloths are laundered. The napkins to match are coarsely hemstitched; some of the linens are marked with four-inch cross-stitch initials that are quite effective and are not difficult to do.

To Take Stains from Linen. Stains on the table linen in the berry season are among the summer trials of the housekeeper. Of course the careful housewife looks out for this and puts away her best table linen, but even the second best looks much dotted with brown stains and destroys the dainty appearance of the summer table. One has to be very alert to catch the spotted pieces before they reach the laundry, for the moment soap and water touch them the damage is done.

If the spotted portion of the linen is laid over a bowl and boiling water poured through it, this will remove the more innocent stains; but for the dark berry stains, and those

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which do not respond to the boiling water, stretch the linen, light sulphur matches beneath it and let the smoke pass through the stain. The sulphur fumes will remove it. Of course this must be carefully done, so as not to set the linen afire.

An especially good way of removing peach stains is to put a tablespoon of flour of sulphur on an old plate, wet it with a few drops of alcohol, ignite it and place a tin funnel over the burning heap. Have the spot in the linen wet with cold water, then hold it over the smoke and the spot will disappear at once.

The mildew on linen, which is carelessly thrown when still damp into the hamper, is almost as trying to the housewife as are the berry stains. For the mildew, rub the spots with yellow soap and powdered chalk; when it is dried, scrape it off and continue the applications until the spots are removed.

Ink spots are easily removed from linen by dipping the part stained into hot water and then spreading it smoothly on the back of a spoon, then pouring a few drops of oxalic acid or salts of sorrel over it, rubbing and rinsing in cold water until the spots are removed.

Many fussy housekeepers will not allow their cloths to be put into the boiler to boil without first being encased in a linen bag or an old pillow slip, for fear of iron rust getting upon them in some way. Javel water will remove the rust stains, if they are not set by soap; put on the diluted javel water and lay the linen in the sun and repeat the process until the stains disappear. If the article has been washed with soap first it will be a hopeless task.

Grass stains may be removed by wetting the green spots in common molasses and then putting them in the sun. Repeat this until the spots are gone. The articles may then be washed.

If one's stock of table linen is limited it is best to stick to pure white, even for the centerpieces, for there is nothing as bad as faded out glories, that tell of too frequent wash-

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ings to which their beauty has been sacrificed. The home embroidered things are much more durable, and if one has time to do them they may be more elaborate than could be afforded in any other way.

The tan table linen done in Russian and Danish patterned borders in colors, both in cross-stitch and outline embroidery, is very decorative; in some cases the color design is worked in medallions where the threads have already been drawn, which gives the border of the cloth a lacy appearance. The edges of these cloths are often finished with lace of linen the same color as the cloth.

Owing to the cessation of imports, particularly from Germany, there are not the usual varieties of colored damasks or the white cloths with colored borders to choose from though there are plenty of the Japanese towelings, which are being utilized for the purpose. The strips are herring-boned together until they are wide enough, then one long piece is made to form the border, which is hemstitched.

Perfuming the Linen. The fancy for perfuming the family linen continues to grow. It was the custom in our grandmothers' day to lay sprays of sweet basil, lavender, a few rose leaves or a bunch of sweet herbs in the linen chest to give it a fragrant odor. That was in the day when the snowy piles were all hemmed by hand and initialed during long evenings under the lamplight, and each piece carefully numbered so that all could be accounted for.

But to-day, when the chest has grown into big linen closets with cavernous shelves, it requires an expert to do the perfuming, and the cost thereof would have made those same grandmothers' hair rise straight up from their heads. But this is an extravagant generation, so why quibble over one small item?

The perfumes the expert uses are the delightful, old-fashioned ones, such as sweet clover, lemon verbena, lavender, peach leaf, and clove pink. They are made into

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wonderful sachets of lingerie-covered silk, which are put into the centerpiece rolls, doily cases, napkin bags, and in the satin covered elastic bands which bind them. The blotters behind each shelf are also perfumed.

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CARE OF SILVERWARE AND CUT GLASS

THE modern hostess who attempts to keep pace with the fashions of the silversmiths will have not only her hands but her sideboard drawers and shelves full, for of the making of flat ware there seems no end. Although the formal course dinner has been cut to half the former number of courses, there seems to be twice as much silver required to serve it with. There appears to be a spoon, fork, knife, pick or tongs of some sort to serve every known edible.

However, the more conservative hostesses have decided that it is time to call a halt and now lay only silver enough for five courses or less, the rest being placed as it is needed. This simplifies matters and really makes the table look much prettier. The properly laid table in the United States now shows, at the right of the plate, two knives, the soup spoon and across them the oyster fork. At the left are two forks, a teaspoon and the tiny asparagus tongs; the butter spreader rests on the butter plate. Salad forks, with their broad tines, come with the salad. The game forks, laid with the short curved game knives, are rather broad and shorter than the meat forks. Cheese knives, that come with the cheese course, are blunt and spatulate in shape. The dessert knife may be used as a butter spreader, although often at formal dinners butter is not now served.

There are spoons for every purpose, in shapes best fitted for what they are designed to serve. The deep, round bowled spoons are for bouillon, the sharp pointed bowls for the grapefruit, and there are the oblong dessert spoons, the open-work jelly spoons and the regular teaspoons. Ice-cream spoons are used with the ice-cream fork. Where

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formerly, in serving from the platter, a fork and tablespoon did acceptable duty, now each viand has a server peculiarly its own. The asparagus has a large pair of broad-tined tongs for serving, and small tongs for individual use. The sliced tomatoes have a round, flat pair of tongs passed with them, so that one may pick up one slice daintily at a time. The cucumber has a fork and serving spoon of its own; the sardine has a long slender fork; lettuce has a fork, while, with the sandwich tray, pretty tongs are passed.

Chafing-dish silver is always especially designed for the purpose. There are potato chip servers, pea servers, waffle servers, egg servers, and ladles of all shapes and sizes for cream, sauces and gravies, melted butter or jelly, or for the popular ice-cream sauces. To be strictly in accord with fashion's latest decree, the dessert service of silver is gilded over entirely, where formerly the gold-lined bowls of the spoons were the thing.

There are also a number of silver centerpieces used nowadays; there is the silver pheasant with spread tail, and the humble goose, whose wings may be pushed aside to show within a receptacle for salted nuts.

Those interested in the latest fashions for the table, should know that silver platters and vegetable dishes have partly superseded those of china. Though the original cost is more, the durability is greater. The dainty course dishes vary the table enough so that one does not tire of the silver. Of course, the entire silver service may be used if one prefers to do away with the china altogether. Then the plates should be those of white Minton china, covered with silver, with the rim turned over the edge; or plates with silver filagree borders and a monogram in the center, but these are harder to keep clean and do not wear as well. Silver deposit bowls, fancy dishes, and tumblers with the silver deposit rims, are also designed for use with the all-silver service, those in rock crystal and in Bohemian glass being especially beautiful.

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Even the society habitué runs across new table small silver and dishes the use of which he is not certain of, and finds it a little safer to watch his hostess before using his own supply, for he knows that she knows what she purchased and the use for which the article was designed.

The following things are usually eaten from the fingers in everyday polite society:

Radishes, olives, salted nuts, pickles, celery, and asparagus if no little tongs are provided for it; lettuce when served with salt, strawberries when served with the hulls on; bread and butter, dry toast, muffins, biscuits, and all small cakes; large seeded fruits such as pears, peaches, plums, grapes and apricots—the larger fruits are usually pared and quartered; the dairy and English cheeses, when not too soft and fresh.

An ear of sweet corn may be held firmly in one hand. The legs and wings of birds may be taken in the fingers, but it is not looked upon favorably by the over particular ones. The sugar tongs are to be used with lump sugar, but if a lump of domino sugar is more than one desires it may be broken in the fingers. Dry cakes, bonbons, and sandwiches cut in fancy shapes complete the list.

Now for the use of the fork, for the knife plays but a small part in the modern table usage, its duties being divided by the butter knife and the fruit knife, so that it leaves only the meat and game course for its needed presence.

The fork is needed for all vegetables except for asparagus, or peas and corn when served in side dishes when a spoon is offered; croquettes, patties, salads, fish and all shell food, deviled or scalloped food and chafing-dish dainties, soft sandwiches, pastry and cakes with soft fillings, cheeses that are soft, and there is an especial fork that is used for ice cream.

This covers the main articles, and if the wary one will con over the list carefully he will not make any serious blunders.

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Nursery Silver. At last the silversmith has realized the necessity of placing suitable flat silver on the nursery table. The traditional knife, fork, and spoon are now made short and rather wide, the fork and knife being five inches in length, while the teaspoon is a trifle shorter, with a wide, deep bowl. To accompany the set, there is a shallow, small silver cup which is easily handled, and a small silver plate, dessert-plate size. This little outfit is handy, saves much breakage, and is just right for small, chubby hands.

Cleaning of Silver. A word first about the cleaning outfit may be in order. The new silver pan requires only the laying of the flatware in it, to be covered with boiling water and allowed to remain there until the water cools. Then it may be dried and polished. There are a number of good liquids and powders on the market for cleaning purposes, but those recommended by the silversmiths and jewelers are perhaps the best. Chamois-covered padded silver boards are excellent to clean large pieces on, and the various brushes and chamois fork and knife cleaners are a necessity, if there is much cleaning to be done. There are three sizes in the brushes, and a spoon burnisher will also be found very convenient. One of the new conveniences is the glove chamois polisher; it has a glove pocket on the back of the chamois which gives one an excellent grip on it while polishing a large piece.

When all of the large pieces are cleaned and polished ready to be put away for the summer, they should be lightly smeared over with fresh lard, then wrapped in camphorated flannel and put into their cotton flannel bags, after which they may be stowed away in a closet or silver trunk for the season. When they are removed they need only be washed in hot soapy water, and polished with a chamois, and they are ready for use. Glass and china fill the places on the summer sideboard that the silver pieces occupy in the winter. Many careful housekeepers also put away their solid flatware for the summer, using plated

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instead, which can go to the porch to be used for outdoor meals, where it does not need the careful handling that silver would demand.

Horn, celluloid, wood, and bone salad spoons and forks are designed for summer use instead of the silver, and are also labor savers. The glass jam and jelly spoons are also heavy enough not to break easily in washing, and are good to use for outdoor feasts. Japanned wood, glass and wicker trays also are varied enough to please all fancies, and are very acceptable substitutes for the silver winter trays.

These few changes will eliminate silver cleaning from the summer household duties, and if the same precedent is followed with regard to the bric-a-brac and odd decorative household features the housekeeper may enjoy a vacation at home.

Care of Cut Glass

Cut glass, while it is very nice to own and see glittering on the china closet shelves, is one of the greatest household cares. It is very heavy and must be stored away in a closet where the shelves are prepared to carry its weight safely, and the grooves in which it is to stand must be deep enough to insure its not slipping. It cannot be washed like ordinary ware for it scratches, and it gets dull if not properly polished. And it should never be rinsed under the running water, as the ever-changing temperature might shiver it to a thousand pieces without an instant's warning.

To wash it properly use a wooden dish tub, fold a linen dish towel in the bottom, half fill the tub with good warm water to which add a quarter of a cup of ammonia, and use any good white soap, a soft brush, and a lintless cloth. Rinse with fresh warm water and dry on a soft towel, and polish with a soft chamois or white tissue paper.

To clean the insides of carafes and long stemmed or necked bottles, jugs, or pitchers, let soak with a grated raw

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potato, the inside skin of an egg, or salt and lemon juice. Buckshot if used with great care sometimes aids in the removal of vinegar or wine stains.

Every contact with grease should be avoided with cut glass pieces, for it makes it cloudy and dull, and almost impossible to polish, as one may see if it is used for a butter dish. The brushes used in cleaning the crevices should be of the softest bristles, as the harsh ones would leave scratches that could never be erased. It is really more care to look after and keep in order than silverware, for that accepts its polishing and more or less rough handling, with never a thought of breaking, but the glass, with the natural depravity of fragile objects, will watch for its chance and just break without apparent provocation and without giving the owner the slightest warning of its intention of so doing.

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MEASURING TABLES

60 drops = 1 teaspoon.
3 teaspoons = 1 tablespoon.
4 tablespoons = ¼ of a cup.
5⅓ tablespoons = a ⅓ of a cup.
8 tablespoons = a ½ of a cup.
16 tablespoons = 1 cup.
1 cup = ½ pint.

1 gill = ½ cup.
1 pint or 2 cups of granulated sugar = 1 pound.
4 cups of sifted flour = 1 pound.
1 pint of water = 1 pound.
1 pint of solid fat = 1 pound.
10 eggs = 1 pound.

4 gills = 1 pint.
2 pints = 1 quart.
4 quarts = 1 gallon.

8 quarts = 1 peck.
4 pecks = 1 bushel.
3 bushels = 1 sack.

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FOR THE HOME COOK'S IMPORTANT CONSIDERATION

THE absolute cleanliness of the refrigerator. Careful covering of milk, butter, and cheese from contaminating odors. The use of linen binders for covering fish, wax paper to cover meat, linen bags for green foods, and covered jars for cooked foods.

Kitchen scales for weighing foods should be always at hand. Measuring cups and spoons are always a convenience.

Long-handled forks and skimmers are a necessity in meat cookery.

Kitchen scissors are needed in every kitchen.

Zinc-covered tables with large wooden roller castors are convenient to move where needed at serving time.

Wire covers are needed to cover dishes standing to cool, especially in warm weather.

When buying a new garbage bucket have the inside painted with black enamel paint and it will not retain odors or coatings of grease.

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PART II

Recipes

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CANAPÉS AND RELISHES

SINCE the serving of the canapé at dinner has become so general one cannot have too many good recipes to turn to if doing very much dinner entertaining. The toasted foundation upon which the canapé usually rests may be round, square, diamond- or heart-shaped, but it must be daintily toasted and not dried down tough and hard. The best bread to use for the purpose is fine-grained bread (preferably homemade) two days old.

The canapé is served at table, preceding the soup.

If an hors-d'œuvre, or relish, is served in place of the canapé, it is sent to the drawing-room, with the cocktails, before the guests are summoned to the table.

Owing to present-day popularity of the canapés and relishes a number are included here before the question of soups is considered.

If raw oysters or clams, on half shells or in cocktails, are served in place of other canapés or relishes, they are served at table as formerly.

CANAPÉS

Coquelle Canapé

Boil six eggs hard, chill, shell, and cut them in half lengthways. Take out all the yolks and put them in a little bowl, add to them a half saltspoon of pepper, saltspoon of salt, a teaspoon of worcestershire sauce and chutney syrup, a teaspoon of tarragon vinegar, and enough olive oil to make

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a spreading paste. Now add a tablespoon of caviar or a little more if liked and spread the mixture on two tiny oblongs of toast for a portion, lay on top of each an egg white half holding an oyster that has been broiled, then dipped in melted butter and dusted with paprika. This makes six portions, with two oysters to a portion.

Clam Canapé

Steam open enough little round clams to allow five to each canapé. Drain them from their liquor and drop them into two ounces melted butter to sauté, which has in it the juice of half a lemon, half saltspoon of cayenne pepper, and a teaspoon of chopped tarragon leaves. Spread the toast rounds very thinly with sardine paste, drain the clams and lay them on top, dust with paprika, and serve while the clams are warm.

Savory Canapé

Drain one small can of button mushrooms and sauté them in butter; drop in a bud of garlic, juice of half a lemon, and a teaspoon of worcestershire sauce. When done drain again, chop them, and add to them three quarters of a cup of minced boiled chicken, mix and add enough mayonnaise to make a spreading paste, spread on toasted diamond-shaped slices, and garnish with sliced truffles. This will make ten canapés.

Sardine and Grapefruit Canapé

Free one grapefruit from all skin and seeds, then allow it to marinate in light French dressing twenty minutes. Make a smooth sardine paste well seasoned and spread toast squares with the mixture. Drain the grapefruit, spread a little on top of the canapé and dust with paprika. This will make eight canapés.

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Pineapple and Fish Canapé

Take one pound of cold boiled codfish, flake it very fine, and add to it a cup of grated pineapple. Add a quarter saltspoon of pepper, a half teaspoon of salt, enough mayonnaise to bind the paste, and spread on toast hearts. Garnish with olives stuffed with pimentos. This will make ten canapés.

Liver Canapé

Boil and chop very fine a quarter pound of calf's liver; add to it a quarter teaspoon of salt, a quarter saltspoon of pepper, juice of an onion, a teaspoon of chutney syrup, a teaspoon of chopped chives, and enough mayonnaise to make a spreading paste. By way of garnish after spreading on toast rounds use an ear of the tiny pickled French corn. This will make six canapés.

India Canapé

Chop fine enough cold boiled ham to make three quarters of a cup, add to it a quarter cup of grated cheese, a tablespoon of chutney syrup, a little chopped red pepper, and a tablespoon of whipped cream. Spread on toast rounds and garnish with olive rings. This will make six canapés.

Caviar Canapé

Allow one tablespoon of caviar and a teaspoon of grated onion to each canapé, add quarter saltspoon of pepper, a little mayonnaise. Spread the toast with the mixture and to garnish put a hard boiled egg in the ricer and squeeze a little over each canapé.

Celery and Roquefort Cheese Canapé

Wash, scrape, and cut celery stalks into two-inch pieces. Work one tablespoon of butter until creamy, add two

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tablespoons of mashed Roquefort cheese, and stir until thoroughly blended, season highly with salt and paprika, mix in one tablespoon of chopped nut meats, and fill the inside of the celery stalks with the mixture. Serve on toasted fingers of bread and garnish with sliced stuffed olives.

Heart-of-Palm Canapé

The heart-of-palm comes in glass bottles, ready to spread upon toast rounds and serve, after garnishing with a little chopped red pepper. A pint jar will make twelve canapés.

Chestnut Canapé

Boil, blanch, and mash one quart of chestnuts. Add to them a half cup of grated cheese, a half teaspoon of salt, a tablespoon of chutney syrup, and enough whipped cream to soften the mixture. Spread on toast rounds and dust with paprika. This is sufficient for ten canapés.

Alligator Pear Canapé

Pare, seed, and dice two alligator pears and let them marinate in French dressing for an hour. Prepare a thick slice of toast for each portion, hollow out the center, sprinkle with grated cheese, and let stand a couple of minutes in the oven to melt the cheese. Drain the pear and heap in the center of each slice of toast. Garnish with olives, stuffed with almonds. This will make six canapés.

Mussel Canapé

Steam open enough mussels to allow five to each portion. Remove them from the shell, drain and cool, and allow them to marinate in French dressing to which a quarter bud of garlic and one anchovy have been added. Allow them to stand one hour, then drain; dip in a little finely chopped tarragon and lay on toast rounds, putting a little mustard mayonnaise on top of each.

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German Canapé

Cut thin slices of rye bread, remove the crusts, and cut into neat oblongs. Prepare one cupful of minced bologna sausage, one finely chopped dill pickle, one tablespoon of minced canned red peppers, and sufficient clarified butter to form a paste. Mix the ingredients well together, spread on the rye bread that has been lightly toasted, and cover the top thickly with chopped hard-boiled egg yolk.

Anchovy Canapé

Take two teaspoons of anchovy paste and add a grated onion, a pepper chopped with six olives, a teaspoon of fried bread crumbs, and a teaspoon of cream cheese. Mix the ingredients thoroughly and add a few drops of French dressing until the paste is the proper consistency for spreading. Spread toast rounds thinly with the mixture and lay two olives, stuffed with anchovies, on top.

Caviar Canapé

Make sufficient oblong toast rounds to serve one to each cover. Chop a little onion very fine, add to it a small portion of highly seasoned French dressing, spread the rounds thinly with the mixture and then a layer of caviar. Put cold boiled eggs into a ricer and sprinkle a little over the top of each canapé, latticing the top with thin strips of red pepper by way of a garnish.

Shrimp Canapé

Take one pint of boiled shrimp and break them into small pieces with a silver fork; add to them three quarters of a cup of bread crumbs that have been fried in butter and carefully drained, a quarter saltspoon of pepper, a half teaspoon of salt, two tablespoons of finely minced celery, a tablespoon of chutney syrup, a tablespoon of melted butter, a tablespoon of worcestershire sauce, and two beaten eggs.

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Fill well-buttered ramekins with the mixture, dust the top of each lightly with a few fine crumbs, and add a tablespoon of sweet cream to each. Bake twenty-five minutes and then set away to cool, but do not chill them. This is sufficient for six canapés.

Grape Canapé

To make the grape canapé, wash a bunch each of Malaga and red California grapes, halve and seed them, and add to them a teaspoon of fresh chopped red pepper, two tablespoons of grated fresh pineapple, a tablespoon of chutney syrup, and enough heavy mayonnaise made without mustard to bind the mixture together. Heap on thin toast rounds and garnish with a pimento olive. This is sufficient for six canapés.

Russian Canapé

This recipe makes two canapés. Mix a half cup of Russian caviar with a tablespoon of grated onion, a half saltspoon of paprika, a teaspoon of finely chopped red pepper, a teaspoon of chopped chives. Spread the mixture on toast rounds, and lay on top of each two small sardines that have marinated in olive oil and lemon juice for twenty minutes.

Sardine Canapé

Cut a slice of bread for toast rather thick, trim three inches square, and hollow out the center. When toasted spread with anchovy paste, arranging sardines with truffles in the center, garnish with olives stuffed with the anchovy paste and vinegared cherries. This recipe makes one canapé.

Cucumber Canapé

Slice two cucumbers thin, let them marinate twenty minutes in French dressing to which the juice of an onion

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has been added, drain and add two tablespoons of chutney syrup. Spread on toast rounds, garnish with olive rings and one tiny anchovy in the center of each. This makes six canapés.

Cold Tomato Canapé

Place a thin slice of raw tomato on a round of bread, browned in oven, and spread with mayonnaise. In the center of the tomato place a small mound of finely chopped cabbage and celery moistened with French dressing. Sprinkle the top with chopped parsley.

Asparagus Canapé

Take one cup of cold boiled green asparagus tips, cut them in small pieces, add to them one tablespoon of chutney syrup, and one tablespoon of bread crumbs that have been fried in butter and drained; put a little of the mixture on each toast round, putting a generous teaspoon of mayonnaise on top, in the center of which place a radish rose by way of garnish. This will make six canapés.

Chicken Liver Canapé

Boil six chicken livers with a thinly sliced onion, a sliced stalk of celery, three cloves, and half a bud of garlic until they are tender; remove, drain, and chop. Strain the water they were cooked in; add a lump of butter, a quarter saltspoon of pepper, half teaspoon of salt, two tablespoons of tomato ketchup, and three drops of tabasco; let it come to a boil and thicken with brown flour and butter rubbed to a cream. Chop one hard boiled egg and turn it with the liver into the gravy; spread the toast squares with the mixture, garnishing with a pimento olive. This makes eight canapés.

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Finnan Haddie Canapé

Soak finnan haddie in lukewarm water to cover, then set on the back of the range and let stand until the fish separates easily into flakes. Measure the fish and to each cupful allow the following ingredients: Fry half a tablespoon of finely chopped onion and three chopped mushrooms in three tablespoons of butter for five minutes. Add two tablespoons of flour and when this is blended in pour on slowly while stirring constantly two thirds of a cupful of milk. As soon as the boiling point is reached, add two tablespoons of grated cheese, the yolks of two eggs slightly beaten, and the finnan haddie. Season to taste with salt and cayenne. Cool and pile on toasted rounds of whole wheat bread. Sprinkle with browned bread crumbs and bake in a hot oven for eight minutes. Serve hot, garnished with bunches of crisp cress.

Lobster Canapé

Take two cups of cold boiled lobster cut fine, one cup of asparagus tips, two tablespoons of bread crumbs that have been fried in butter and drained. A teaspoon of chopped tarragon leaves, one grated onion, melt one quarter pound of butter, add one tablespoon of ketchup, one tablespoon of mustard sauce, pepper and salt to taste, and six chopped olives. Add all ingredients, heat well, and serve on toast rounds, garnished with sliced olives and peppers.

RELISHES

Alligator Pear Relish

Dice one alligator pear, mix one tablespoon of chutney syrup with the juice of a lemon, six drops of tabasco sauce, a teaspoon of ketchup, the same amount of worcestershire sauce, and a quarter saltspoon of salt. Mix all together and serve in small glasses with a pimento olive on top of

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each. This is sufficient for two people and may be increased for more by following the same proportions.

Russian Relish

A tempting appetizer served before a dinner is made by taking a half cup of Russian caviar, a tablespoon of finely chopped onions, and a dash of paprika; serve on toast squares with sardines dressed with olive oil and lemon juice. This is quite Russian and unique enough to interest the experimenter.

Pickle Hors d'Œuvres

Take enough dill pickles to allow one to a portion; peel thinly and scoop out in boat-shaped receptacles, slicing off a little section to make them set firmly. Fill the boats with a mixture of Duxbury clams, chopped with a little fresh shredded cabbage, chopped watercress, and a few chopped tarragon leaves mixed with French dressing, to which a little chili sauce has been added. Rest the boats on toast fingers.

Pineapple Fingers

Shred one small pineapple with a silver fork; add to it four tablespoons of French dressing, and allow it to marinate for twenty minutes. Then drain and chill. When ready to serve add a half cup of grated cheese and fold in a small cup of mayonnaise. Spread narrow toast strips with the mixture and pile, log-cabin fashion, on a silver plate, placing a small anchovy on top of each.

Brown Bread Fingers

Make a paste of three tablespoons of deep sea caviar, one grated onion, one hard-boiled egg put through the ricer, and enough mayonnaise to bind the mixture. Spread brown bread toast fingers with the mixture, laying one raw oyster,

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that has been marinated in French dressing for fifteen minutes, on top of each finger.

Among relishes that come ready prepared in bottles and cans there are the Madagascar relish, a mixture of heart-of-palm and mayonnaise; artichokes in vinegar; pâté-de-foie-gras; otero, a sour spiced mixture of fruit and pickle; tunny fish in tomato sauce; herring roe in oil; herring filets, pickled; mortadelle-de-bologne, and a number of others, all of which may be spread upon crackers or toast fingers, and eaten from the fingers when passed with the cocktails.

One thing to be borne in mind when preparing relishes is to spread the various mixtures and pastes thinly, and not to allow them to be moist enough to drip.

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SOUPS

In choosing utensils for soup-making those of the simplest kind will be found most satisfactory. An ordinary granite ware kettle with a tight-fitting cover answers every purpose and will not be affected by the various acids from the meats and vegetables. If one wishes to go into more expense the kettles having the outside copper bottoms are better owing to the double protection which removes the possibility of burning the contents and also induces slow boiling which is desirable for soup. An ordinary colander is needed for the first straining, and a purée sieve for finer straining, a large granite spoon for stirring, a long-handled fork for removing meat, a long-handled skimmer, a half dozen cheesecloth bags (these are better than flannel for they do not retain odors), and a granite pint cup with handle to add water and so on if needed.

Soups are divided into several classes, but with the modern tendency towards simpler living the recognized dinner soup is now the thin soup, clear or with fancy garnishes, and may take the form of bouillon, consommé, or any of the clear broths. The cream soups are used at luncheon or for a supper where they may form the only warm and nourishing dish. Milk soups and chowders make an agreeable change once in awhile but are not as popular as in former years. Cold and jellied soups are for summer use only, and are to most people things one must cultivate a taste for, but if liked they open a way to use up extra fresh fruit juice.

Lean, juicy beef, mutton, and veal form the foundation of nearly all good soups, therefore it is advisable to buy the

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best of such pieces as the market affords. The principal care in making soup should be to apportion the ingredients right so that the flavor of one does not predominate too much over another. Generally a quart of water is allowed for one pound of meat. Bones ought always to form part of the ingredients of the soup pot, as the marrow is a great addition to the nutriment contained. If the soup meat is boiled simply to make stock it should be cut fine, but if it is to be used for the table when it is quite done, then remove the bone and tie the meat with kitchen tape and remove when done and make a rich sauce for it. This way it does double service. Soup should boil from two to six hours, according to the quantity and quality of its contents.

Opinions differ as to the advisability of washing meat, but if considered best wash it as little as possible, or, better still, wipe it with a fresh piece of cheesecloth that has been wrung out of cold water.

When the rare value of the stock pot is learned and appreciated in families where soups, gravies, or sauces are used daily there will be not only one but two such pots found in actual commission, one containing the red stock and one the white.

SOUP STOCKS

Red Stock

For the making of the red stock, which is perhaps the most generally used, beef is the basic meat. Fresh shin meat is the best, though a piece of juicy round may be added, tied in shape with kitchen tape, and removed from the pot when it is done sufficiently to be used in hash or croquettes. The finer the bones are cracked the more valuable they are. They are composed of an earthy substance to which they owe their solidity, gelatine, and fatty fluid or marrow, so it is necessary to crack the bones in order to get the richness they contain.

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A fowl is an excellent addition to the stock pot in the way of giving it flavoring and richness. A pint of cold water is allowed for each pound of meat and bone; it is then put over the fire, where it is allowed to simmer gently, being carefully skimmed as the scum rises. After it has boiled clear and no more scum appears, add a quart can of tomatoes, soup vegetables carefully washed and diced, leeks, celery, and a half bud of garlic, two cloves, six raisins, and a bay leaf. Add these slowly so that the stock does not stop boiling entirely, add a tablespoon of salt and a half teaspoon of pepper, cover tightly to prevent evaporation, and cook steadily four or five hours. One vegetable soup may be served from this first; then the remaining stock is allowed to cool. The grease is carefully removed from the top before the second use of the stock in any form it is needed; that which still remains should be carefully strained and set away for further use.

White Stock

Cut up four pounds of knuckle of veal, one chicken, one slice of ham, three carrots, two onions, celery, parsley, and a bunch of sweet herbs, a half teaspoon of pepper, a level tablespoon of salt, and lump of butter, and four quarts of water. Simmer gently for five hours, strain carefully, and when cold remove every particle of grease and put away in a cold place to use as it is needed.

If one is economically inclined the chicken may be removed before it falls from the bones and minced for croquettes or creamed and the bones thrown back into the soup. This stock will be almost if not quite rich enough to jelly when cold. Any liquor in which a turkey or fowl has been boiled added to the stock makes it much richer and stronger.

If the stock for any reason, should not be perfectly clear it may be clarified by heating it and adding the whites of two stiffly beaten eggs in a half pint of water. Skim often and

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when the eggs begin to separate take the stock from the fire. Strain carefully through a fine piece of cheesecloth, after which it should be absolutely clear.

Fish Stock

This stock will not keep well, so can only be made a little while before it is used. Cut two pounds of fresh codfish into small pieces, slice two onions, two carrots, rind of half a lemon, add a bunch of sweet herbs, cover with two quarts of cold water. Let the stock boil gently for a half hour, then season with two saltspoons of salt and one of white pepper. Boil five minutes longer, strain, and when cold skim off the oily grease, using a little white blotting paper to get the last small globules. The stock is then ready to form the basis of any fish, oyster, clam, scallop, shrimp. lobster, or any other sort of fish soup, chowder, or purée.

Vegetable Stock

Vegetable stock to be of the best quality and flavor should be made of fresh vegetables. This does not mean that one should go out and buy all new materials, but it means using a definite system of saving by-products with this purpose in view. For instance, save all outside or broken lettuce leaves, all outer stalks and fresh tops of table celery, left over sprays of parsley and tarragon sprays that may have served for garnish, and after washing them put into a linen lettuce bag and put them in the refrigerator until needed. Parings of tomatoes should be set aside in a covered bowl, with left-over vegetables that have not been creamed or strongly flavored, and water in which potatoes, onions, or other vegetables have been boiled may also be kept for the stock, providing it is to be made in a day or two. When ready to make the stock add a can of tomatoes to the vegetable water, then cut up the vegetables, and when all have been added put in enough cold water to fill the pot three quarters full, cover tightly, and boil slowly

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for two hours. When done strain the soup carefully, add salt and pepper, and when cold set away to use as required. This stock will keep two days in summer and four or five in winter.

Soup Conserve

Soup conserve is a very handy commodity for winter use; it can be made at any time by using canned tomatoes, though August and September is the best time to make it, when fresh tomatoes are plentiful and cheap. To make the conserve take one gallon of tomatoes that have been washed and stemmed; one half gallon of very tender, green okra pods, well washed; and one pint of white onions, pared. Chop all together fine, then season with a half cup of salt, a level tablespoon of white pepper, two tablespoons of chutney syrup, two of worcestershire sauce, and a tablespoon of very finely chopped tarragon leaves. Boil gently, stirring often until the mixture forms a rather stiff paste. Remove from the fire and turn into jars, and when cold, cover with melted paraffine. Set the jars away in a cool dry place. A teacup of this conserve added to a beef soup makes an excellent seasoning; or in an emergency two cups of the conserve may be adulterated with one quart of boiling water and be made into a quick dinner soup for four or six people.

MEAT SOUPS

Imperial Soup

The following recipe is an unusual one, inasmuch as it calls for the combination of the two principal stocks, red and white:

Take one pint of clear red stock, season to taste, and add five well beaten eggs to it; then pour the mixture into a well buttered pudding mold, place the mold in boiling water, cover so that no water boils into it, and let the

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water boil around it steadily for one hour. Remove, cool slightly, and turn on to a plate; have ready a quart of white stock melted and seasoned, then slice down the jellied red stock, placing a cube or slice in each plate of the clear soup.

Bouillon

Bouillon is a clear soup which is, as a rule, served in cups for luncheons and suppers, teas and other social functions. It is not considered a dinner soup.

Take four pounds of lean beef cut in pieces and put them in the soup kettle with three quarts of cold water. Add a level tablespoon of sugar, one bay leaf, one tablespoon of chopped carrot, a saltspoon of cayenne, two level teaspoons of salt, a tablespoon of onion juice, two cloves, one blade of mace, and a saltspoon of grated nutmeg. Allow the liquid to come to boiling point slowly and then simmer for three hours, covered closely. At the end of three hours add to the bouillon a half teaspoon of celery seed, or two saltspoons of celery salt, or a stalk of finely chopped celery, with the whites of two eggs slightly beaten with the washed and crushed shells. Stir the bouillon well, bring it once more to boiling point and boil for five minutes, then strain through a fine sieve, then through a double thickness of cheesecloth that has been wrung out of cold water, and set aside to cool. When cold remove every particle of fat that floats to the surface, and add a few drops of kitchen bouquet. At this juncture it is wise to taste the bouillon and if it needs more salt or pepper add them to taste. The bouillon is now ready for use. If it is to be served hot, heat just the quantity needed and serve with a toasted crouton. Many cooks add a teaspoon of sherry to each cup with a tablespoon of whipped cream heaped on top. If the bouillon is served cold it must be well chilled, or it may even be jellied. Bouillon is always seasonable; and this recipe will yield about three and a half quarts.

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Consommé

Consommé is a light, clear dinner soup, and is often used as the basis for other soups.

Take four pounds of shin-of-beef and a knuckle of veal, remove the meat from the shin, and have both bones well cracked; put all into the soup pot with six quarts of cold water. Add one large onion sliced, one carrot diced, one stalk of celery chopped, and simmer all gently but steadily for four hours. At the end of that time remove the meat from the soup, leaving all the rest of the ingredients. Add a quarter cup of salt, a level teaspoon of white pepper, and a half teaspoon of kitchen bouquet. Continue boiling for half an hour, then strain through a very fine sieve and then through a double thickness of cheesecloth wrung out of cold water. Set aside and when cold skim every particle of grease from the surface. The consommé is then ready to use; it may be served clear, or with any of the so-called soup garnishes, the recipes for the making of which will be found at the end of this chapter.

Oxtail Soup

Take two oxtails, separate them, wash and put them into the soup pot. Dice a small slice of ham and add it with three sliced onions, one leek, one stalk of chopped celery, a bunch of sweet herbs, parsley, a bay leaf, four cloves, one teaspoon of pepper, a tablespoon of salt, two tablespoons of ketchup, and three quarts of water. Skim the soup carefully as it boils, and let it boil evenly for about four hours. When done, strain and thicken slightly with a little butter and flour mixed to a cream. Return to the soup a little of the meat, which may readily be taken from the bones in small pieces.

Solferino Soup

To two quarts of well seasoned clear bouillon add the dumplings made in this way: Beat four eggs in a stew-

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pan, add a half pint of cream, two ounces of fresh butter, pepper and salt to taste, and enough flour to form the mixture into the consistency of dough. Mold it into round or egg-shaped balls the size of large walnuts and fry them a delicate brown in butter; lay them in the bottom of the tureen and pour the hot bouillon over them.

Baked Soup

Cut one pound of bottom round in squares and put them in the soup pot with two sliced onions, two diced carrots, one ounce of rice, one pint of yellow split peas, a tablespoon of salt, a teaspoon of pepper, one stalk of finely minced celery, and four quarts of clear cold water. Cover the pot and place it in the oven. Allow the soup to bake for four hours. When removed from the oven it will be a thick soup which may require a little more seasoning. Serve with it toasted croutons.

Potage Printanier

Potage printanier is a popular spring soup, and it is made of half a pint of fresh green peas, a small bunch of chervil, a small bunch of fresh parsley, two heads of fresh lettuce shredded, two thinly sliced onions, two ounces of butter, the yolks of three eggs, and one pint of water, seasoned to taste, and two quarts of rich beef stock. Put the chervil, onions, lettuce, parsley, and butter into the pint of water and let them simmer until tender. When done strain off the vegetables, leaving enough water on them to keep them soft and pouring the rest into the stock. Beat the eggs in a little pan of the water, and add it with the vegetables to the soup just before serving, and season to taste. This quantity is sufficient for eight persons.

Soup à la Cantatrice

Put two quarts of white stock into the soup pot and when it comes to boiling point add three ounces of sago that has

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been washed in boiling water, add it gradually, and let the stock simmer for half an hour when the sago should be thoroughly dissolved. Beat the yolks of three eggs and add them to a half pint of boiling cream; add this mixture to the soup and remove from the fire, as the soup must not boil after the eggs have been added or they will curdle it. Put in a teaspoon of sugar, pepper, and salt to taste, and serve at once. This soup will take about forty minutes to make. It is seasonable all year; and this quantity will serve eight people.

Mutton Soup

Take five pounds of neck-of-mutton and put it in the soup pot with three quarts of cold water. Add three carrots and three turnips, diced; two onions, sliced; a small bunch of sweet herbs, a bunch of parsley, cut fine; a tablespoon of salt, and a half teaspoon of pepper. Let it come to boiling point, then let it simmer until the meat is tender. When the meat is done remove it to a dish and place where it will keep hot. Strain the vegetables and put them over the meat. Remove the grease from the soup, season a little bit more, and thicken slightly with a little butter and flour rubbed to a cream. Just before serving, a wineglass of sherry may be added to the soup if desired. This is sufficient for eight people. Send the meat and vegetables to table on a hot platter, garnished with toast sippets.

Mock Turtle Soup

Select a good, fresh calf's head, have the butcher split it and unhinge the jaws, remove the tongue and brains. Wash and scald the head thoroughly, and place it in the soup pot with three quarts of cold water. Add one thinly sliced carrot, one onion cut in half and stuck with eight cloves, a small bunch of sweet herbs, a stalk of chopped celery, and a teaspoon of tarragon leaves. Add the tongue and allow all to come to boiling point, then simmer gently

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until the tongue is done. When tender remove the tongue, skin and trim it, and throw the skin and trimmings back into the soup; dice the tongue and set aside until needed. Continue boiling until the cheeks and meat about the head is tender; when tender remove the head and take off all the meat, throwing the skin and bones back into the soup; the meat from the head may be set aside for croquettes; or to be served with any kind of well liked sauce. Now add to the soup a tablespoon of chutney syrup, a tablespoon of worcestershire sauce, a saltspoon of red pepper, a level tablespoon of salt, and continue cooking slowly for twenty minutes. Then strain carefully through a fine sieve, and then through two thicknesses of cheesecloth wrung out of cold water. Set to cool and when cold remove every particle of grease, using white blotting paper to get the smallest particles. When ready to use reheat, add the diced tongue, a thinly sliced lemon with the seeds removed, and a wineglass of sherry when it comes to boiling point. Serve at once. The brains may be blanched, parboiled, and used for fritters.

Pot-au-Feu

Select one and a half pounds of bottom round, roll and tie, and put into the soup pot with three and a half quarts of clear, cold water. Add three ounces of cracked shinbone, a tablespoon of salt, and let come to a boil. As soon as the scum rises add a quarter of a pint of cold water and remove the scum with a skimmer. Repeat this process three times; after the third time the soup should be clear. Wipe the edge of the kettle with a clean cloth, and add to the soup two small carrots, diced; two good sized onions, thinly sliced; eight leeks cut in small pieces, a half cup of chopped celery, one clove, one white turnip, diced, and one small parsnip, diced. Let the soup boil up, then set aside to simmer for three hours. Remove the meat and add more seasoning if the soup needs it. Skim off all grease and

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serve. If desired a little of the meat may be cut into small pieces and added to the soup, though the meat is generally served with a specially made gravy. This will be sufficient soup for six people.

Mexican Soup

Take four pounds of bottom round and put in the soup pot with four quarts of cold water. Add two large onions, sliced; two carrots and six potatoes, diced; one small cabbage coarsely chopped; three white turnips, diced; one quart of string beans, broken; and one quart of young peas in the pods, carefully washed. Also add corn cut from six ears, or, a large can of corn. Boil the soup until the meat is thoroughly done, about four hours. When done remove the meat, and strain the soup, putting the vegetables over the meat. Return the soup to the kettle and add to it six chili peppers that have been sautéd in butter, two slices of pickled pork, diced and fried a delicate brown, and thicken with two tablespoons of browned flour mixed with two tablespoons of melted butter. Place the meat, sliced, and vegetables in the bottom of the tureen, pouring the soup over them. Serve very hot. This is sufficient for eight people.

Petite Marmite Soup

Petite marmite is one of the most expensive soups on the bill of fare, usually costing sixty cents a plate. It may be purchased at one dollar a pint jar, ready for use, but it is much nicer to make it at home after this authentic and reliable recipe: Put in an earthen pot called "marmite" two pounds of short ribs of beef cut into two-inch-square pieces, six small pieces of oxtail, one two-pound fowl cut in pieces, and one gallon of red stock. When it has boiled ten minutes skim thoroughly and add half a bud of garlic, half a pound of carrots, a quarter pound of turnips and a quarter pound of leeks, all diced, one onion stuck with

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cloves, and a heart of celery thinly sliced. Boil for three hours, then serve with toasted sliced rolls. This quantity will serve ten covers, or two dinners for a small family.

Hodge-Podge

Put two pounds of shin-of-beef in the soup kettle with three quarts of water, and one pint of ale; simmer for fifteen minutes, then skim carefully. Add two sliced onions, two diced carrots, two diced white turnips, a finely chopped stalk of celery, a tablespoon of salt, and a saltspoon of pepper. Stew gently until the meat is quite tender. Remove the meat, cutting a small quantity of it in small pieces and returning it to the soup (the rest of the meat may be used for croquettes). Make a thickening of butter and flour, and thicken the soup slightly. Serve hot. This quantity will serve twelve people, and the soup is seasonable the year round.

Scotch Mutton Broth

Select a thick neck of mutton, wash, and cut into small pieces; put into the soup kettle with two quarts of cold water. Boil ten minutes, skim thoroughly, and add one sliced onion, a diced turnip and carrot, a cup of chopped celery, one bay leaf, a saltspoon of pepper, and a level teaspoon of salt. Cover closely and cook slowly for two hours. Plain soup dumplings are good in this broth.

FISH SOUPS

Fish soups are used more by English people than Americans, but they make an excellent variety, especially in hot weather when the meat soups become too heavy and heating.

Eel Soup

Wash and cut into thin slices three pounds of eels, put them into a stewpan with two ounces of butter; let them

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simmer for ten minutes, then pour over them two quarts of water; add a bunch of sweet herbs, one onion, a blade of mace, a saltspoon of pepper, and a level teaspoon of salt; simmer until the eels are tender; be careful not to break the fish; take them out carefully and mix two tablespoons of flour with a quarter of a pint of cream; bring all to a boil and turn over the eels; float toasted croutons on the top of the soup in the tureen. This is sufficient for six persons.

Skate Soup

Clean and filet one skate, cut the filets two inches square. Boil the head and trimmings of the fish with two sliced onions, parsley, salt and pepper, and two quarts of water; cook until reduced one half, then strain. Brown two ounces of butter, adding a little flour to thicken the soup; put in the filets, and after boiling fifteen minutes add a dessertspoon of ketchup, and one wineglass of sherry. Season to taste and serve with toast squares. This will serve six people.

Deep Sea Scallop Soup

Take one quart of deep sea scallops, wash them carefully, dry them, and cut them in small pieces. Put two quarts of rich milk on the fire in a soup pot, add the cut scallops, and let stew until the scallops are tender. Add the juice of one large onion, a saltspoon of celery salt, a half saltspoon of pepper, a level teaspoon of salt, and thicken to the thickness of cold honey, with butter and flour rubbed to a paste. Just before serving, add a pint of hot sweet cream. Serve with it tiny toast fingers. This will serve six persons.

Small Scallop Soup

Take one pint of fresh scallops; turn them into a pint of hot milk and stew for fifteen minutes. Drain and add a pint of hot cream to the milk with the juice of an onion,

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a quarter saltspoon of pepper, a level teaspoon of salt, and four drops of tabasco; thicken slightly with butter and flour rubbed to a cream; return the scallops to the soup; add a tablespoon of finely chopped parsley and serve with toasted croutons. This will serve six persons.

Crab Meat Soup

To one quart of fish stock add three quarters of a pound of fresh crab meat, a half cup of dry bread crumbs that have been fried in butter and well drained, a saltspoon of pepper, a level teaspoon of salt, and a dessertspoon of chutney syrup. Dissolve a tablespoon of cornstarch in half a cup of milk; add it to the soup. When the soup boils up add a cup of sweet cream and serve at once. This will serve six people.

Oyster Soup

Scald twenty-five oysters in their own liquor; when the beards curl remove the oysters. Add to the liquor a cup of clear water. Make a thickening of one tablespoon of butter and flour, dilute it with a little of the oyster liquor, and add it to a large cupful of boiling cream. Mix this smoothly with the remaining oyster liquor, add the oysters, a half saltspoon of pepper, the same quantity of salt, and let all heat, but the soup must not boil. Wipe the inside of the tureen with a bud of garlic, turn in the soup, and serve. This will be sufficient for six people.

Plain Oyster Soup

Drain the liquor from one quart of oysters and add to it an equal amount of milk, a tablespoon of butter, a saltspoon of salt, and half the quantity of pepper. When this mixture boils up add the oysters, which have been carefully wiped dry. Let the soup cook three minutes, when it is ready to serve. It is wise to make this soup in a double boiler, for milk burns quickly. This is sufficient for six people.

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Clam Soup

Select twenty-five round clams, wash carefully, and pour over them, in a saucepan, one pint of water; steam them open and let them steam ten minutes. Remove the clams from the shells, chop them, and drain all the liquor back into the saucepan. Strain the liquor through a piece of cheese-cloth wrung out of cold water to remove all sediment. Heat in a double boiler one quart of milk, add the hot clam juice to it, and thicken very slightly with a half tablespoon of butter and a half tablespoon of flour rubbed to a cream. Add the clams; and season the soup with a saltspoon of salt and a half saltspoon of pepper. Serve at once. This is sufficient for six people and may be prepared in half an hour.

Bouillabaisse

Have fileted six pounds of fish, two of cod, two of haddock, and two of halibut; put them in the soup kettle with three and a half pints of water, two cloves, three thinly sliced onions, a tablespoon of chopped parsley, a half a bud of garlic, three chopped shalots, two diced carrots, one bunch of sweet herbs, a teaspoon of salt, a saltspoon of pepper, a saltspoon of allspice, and a bay leaf. Cover the pot closely and boil for twenty-five minutes. Carefully remove the fish with a skimmer, drain, and remove any pieces of vegetable that adhere to it. Then lay the fish in a dish covered with a napkin. Add to the soup a teaspoon of powdered saffron and strain the soup into the tureen. Serve the fish at the same time as the soup, with sippets of fried bread. This soup will take one hour to prepare and is sufficient for six persons.

Lobster Soup

Wash one good-sized lobster, then plunge it into three quarts of boiling water and let it boil for twenty-five minutes.

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Remove, cool, and pick out the meat. Throw the empty shells back into the water, first cracking the small claws. Dice the meat of the tail and large claws, and set the meat aside. The small pieces of meat from the body put back into the stock with a thinly sliced onion, a cup of chopped celery, and a bunch of sweet herbs. Boil until the liquid is reduced one half. Then strain very carefully, through sieve and cheesecloth, season to taste with pepper, salt, and a tablespoon of worcestershire sauce. Mix to a cream a tablespoon each of butter and flour, and thicken with it one pint of boiling cream. Add this slowly to the hot lobster stock and when thoroughly mixed add also the diced lobster. Pour over a round of toasted bread in the center of each soup plate allowing a small portion of lobster to each plate. This is sufficient for six people and will take an hour or more to make.

Clam Bouillon, or Broth

Wash thoroughly fifty round clams and steam them in a pint and a half of clear, cold water. When done remove the clams from the shells, draining all liquor back into the saucepan. Strain the liquor carefully when it is ready for use, with the addition of such seasoning as is liked. The clams may be used in patties, fritters, be scalloped or creamed.

Salmon Soup

Take one pound of freshly boiled salmon, remove all skin and bone, and flake; or use one can of salmon, carefully drained, boned, skinned, and flaked. Take one quart of the water the salmon was boiled in, a quart of clear water if canned salmon is used, and add to it the skin and bones of the salmon, one sliced onion, a chopped stalk of celery, one clove, one slice of lemon, one tablespoon of chutney syrup, and a small bunch of sweet herbs. Boil all gently for twenty minutes, then strain. Have ready one pint of

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boiling cream, thicken it with a tablespoon of flour and a tablespoon of butter rubbed to a cream, and slowly add the salmon stock to it. When hot add the salmon, and pepper and salt to taste. Serve at once with toasted croutons. This is sufficient for six people and takes about an hour to prepare. It is seasonable all year.

Shrimp Bisqué

Shell and break in pieces one quart of freshly boiled shrimp. Take one quart of fish stock, heat, and when hot add to it a pint of hot cream, the shrimp, and seasoning to taste. Let all come to boiling point and serve. The stock may be prepared in the morning, after the recipe previously given, and the soup may be prepared in half an hour; it is sufficient for six people.

Green Turtle Soup

This soup is rather expensive and is a great deal of trouble to make. For a private family a ten- or fifteen-pound turtle will be large enough. The day before making the soup cut its head off with a sharp knife and hang it up by the tail to bleed. In the morning separate the upper from the lower shell with a sharp knife, being very careful not to cut the gall bladder. Cut the meat from the breast in thick slices, then remove gall and the entrails. Detach the fins and remove the green fat and set it aside with the breast meat. Put the shells into the soup pot with three quarts of cold water, and simmer gently until the bones may be easily removed. Strain the water off the shells and place it in another pot with the head, liver, heart, and all the other flesh, a half pound of lean ham, a bunch of sweet herbs, a bay leaf, one onion stuck with cloves, a tablespoon of chopped tarragon leaves and the same amount of parsley. Cook all gently until the meat is done, then strain the mixture; dice the meat and return it to the soup. In a separate saucepan sauté in four ounces of butter a chopped

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onion, add to it a pint of madeira wine, and let it come to boiling point. Add this to the soup and thicken slightly with smoothly mixed browned flour. At serving time add two hard-boiled eggs chopped fine, juice of two lemons, and another cup of the wine. When all is hot serve.

Lobster Bisqué

One can of lobster, two cups of milk, three pints of boiling water, one tablespoon of butter, one half cup fine cracker crumbs, salt and pepper. Chop the lobster rather coarsely, taking care not to tear it. Put boiling water, salt, pepper, and lobster into a saucepan and cook gently forty minutes. Have ready scalded milk in which the crumbs have soaked twenty minutes. Stir in butter, then milk and crumbs; set in hot water for five minutes and serve.

Lobster Purée

Boil two fresh lobsters and when cold remove from their shells. Use all the pickings of the body, legs, and the two big blunt claws, chopping or mashing the meat fine and placing it in a quart of cold water with a bunch of chopped fine herbs, a stalk of chopped celery, a diced carrot and one potato, a grated onion, one tomato, and a half bud of garlic; let this boil gently for one hour, add pepper and salt to taste. Strain when done, add one pint of hot milk and a half pint of cream, thicken with butter and flour rubbed to a cream, and add the finely minced tails and big claws, then a tablespoon of ketchup and a dash more pepper and salt if needed. Serve with crisp finger rolls.

CHOWDERS

Martha Washington Chowder

Cut several slices of pickled pork very thin and try them out dry in the chowder pot. Then put on top of the pork a

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layer of sliced codfish, then a layer of thinly sliced onions and thickly sliced potatoes, then another layer of the fish, then a layer of onions and potatoes, putting plenty of pepper and salt between each layer. Next split some hard crackers, dip them in water, and put them around the sides of the pot and over the top of the chowder. Then turn in cold water enough just to cover the chowder and set on the fire. Stew evenly for half an hour until the potatoes are done and then add a gill of melted butter and a cup of sweet cream and it is ready to serve. This should be sufficient for six people.

Snapper Chowder

Place a layer of thinly sliced pickled pork on the bottom of the chowder kettle and lay on it three slices of red snapper cut half an inch thick, then a layer of potatoes sliced half an inch thick, one thinly sliced onion, dusting of pepper and salt, and little lumps of butter; then another layer of fish, then potatoes, onion, and seasoning with plenty of butter. Put in one pint of sweet milk, one pint of water, and a half teaspoon of hot Southern sauce. After the chowder has boiled gently for twenty minutes add six hardtack crackers or pilot biscuit, and just before it is done add a cup of cream in which an egg has been beaten; let it boil up once and serve. This should serve eight people.

Maryland Chowder

Take one pound of salt pork, cut into strips, and soak it in hot water for five minutes. Put a layer of this pork in the bottom of the chowder pot. Then cut four pounds of codfish or sea bass into pieces two inches square and put a layer of these over the pork; next a layer of chopped onions seasoned with summer savory, and a dusting of pepper and salt. On top of the onions put a layer of split crackers that have been buttered; then another layer of the pork, and so on until the materials are used up. Pour in barely enough

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water to reach to the top of the fish, cover and stew gently for one hour, being careful the water does not sink below the upper layer. If it does, replenish carefully with a little boiling water. When the chowder is thoroughly done take it out with a perforated skimmer and put it into a tureen, add a little cream to the gravy, and thicken it with a little butter and flour rubbed to a cream. Boil it up and pour over the chowder. Serve sliced lemon, pickle, or stewed tomatoes with the chowder.

New England Clam Chowder

Place in the bottom of the chowder kettle slices of pickled pork and allow the kettle to get hot enough to melt and start the pork to cooking. Then cover the pork with a layer of soft clams. Next put in a layer of thinly sliced potatoes, then a layer of thinly sliced onions sprinkled with pepper; then cover with hardtack that has been buttered. Next put in another layer of clams, then potatoes, onions, pepper, and buttered hardtack, and so on until the materials are used. Butter extra hardtack enough to lay around the edge and then turn over it the clam juice and enough sweet milk barely to cover the chowder. Cover and cook gently for one hour, seeing that it does not boil below the top. If it does add a little hot milk. When ready to serve turn a cup of hot cream over it.

Fish Chowder for Eight

Boil, mash, and pass through a colander six potatoes. Slice and fry brown six onions, soak quite soft two ship biscuits, dice and fry four slices of salt pork. Cut two or three pounds of cod, sea bass, or blackfish (whichever are at their best) into inch-thick pieces and proceed as follows:— Put four tablespoons of butter in the pot with two of salt, then put in the ingredients in layers, freeing the fish from the bones, and season with a teaspoon of black pepper, half a teaspoon of grated nutmeg, half a tea-

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spoon of cloves, and a bouquet of thyme. Then pour in fish stock enough to cover all about four inches. Place on the fire and then add the biscuit and pork, also three tablespoons of chopped parsley. Cook slowly one hour. Add the juice of a lemon, and five lumps of sugar. When ready to serve it, add a tumbler of good sherry.

Lobster Chowder

Lay in the bottom of the chowder saucepan on the rack three medium slices of pickled pork, then a one-inch slice of fresh cod, then a layer of sliced potato and a grated onion, a dusting of pepper and salt, and little lumps of butter, a layer of pilot crackers, then one of cold boiled lobster cut into small pieces, another of pilot crackers, then a layer of the cod, and proceed in this way, making the lobster the last layer, with plenty of butter and a dusting of pepper and salt over the top. Pour over a pint of milk, adding just enough water to cover all, and boil for forty minutes, slowly but steadily. Just before serving add a half pint of hot cream. Have ready a tablespoon of chopped parsley and a finely chopped red pepper; sprinkle a teaspoon over each portion as it is served.

Fish and Oyster Pie, an English Chowder

Take two pounds of cold boiled codfish. Free it from skin and bones and put a layer in the bottom of a well buttered baking dish. Then put in a layer of oysters on top of the fish with pepper, salt, and a layer of bread crumbs, and proceed in this way until the dish is full. Dust the top with a grating of nutmeg and one teaspoon of finely chopped parsley. Lattice the top with strips of pie crust, making one a little heavier which is put around the edge of the dish to act as a seal. Before putting on the top pour in a little melted butter, the oyster juice, and a cup of cream or thin white sauce. Bake from a half to three quarters of an hour.

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Beefsteak Chowder

Cut a slice of salt pork into small bits, with one onion minced fine; cook until a nice brown; add one quart of boiling water, let simmer five minutes, then add one pound round steak cut into strips one half inch thick and two inches long; bring this quickly to a boil, then simmer until the meat is tender; add four or five pared and sliced potatoes, season with salt and pepper, add more boiling water, and when potatoes are tender add one and one half cupfuls of good rich milk or cream; split six or eight crackers, put into a soup dish, and pour the chowder over them, serving at once.

Corn Chowder

Dice two slices of fresh pickled pork, heat until they begin to fry in the bottom of the chowder kettle, then add one large sliced onion, six sliced potatoes, and the corn cut from twelve ears; also add a level tablespoon of salt and a level teaspoon of pepper, and cover the mixture with clear cold water. Boil for thirty minutes, then add six pilot crackers that have been buttered on each side, boil all fifteen minutes more, add a tablespoon of sugar and one cup of hot cream. This will be sufficient for six people.

Potato Chowder

Dice six good-sized potatoes. Dice a quarter pound of pickled pork, and slice one onion thin. Put the onion and pork into a frying pan and fry a delicate brown. Put into the chowder kettle a layer of potatoes, then a layer of onions and pork, sprinkle with a little salt, pepper, and chopped parsley; repeating in layers until the potatoes are used up. Pour over the grease the pork and onion were fried in, and add one pint of water. Cover and simmer for twenty minutes. Mix one tablespoon of butter and one of flour to a cream. Heat one pint of milk, or light cream, hot;

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thicken it with the butter and flour, then stir it into the chowder, being careful not to break the potato dice. Serve very hot. This is sufficient for six people.

POULTRY AND GAME SOUPS

Chicken Bouillon

Select a short, thick, tender fowl; cut it in pieces after washing, drawing, and singeing, and put in the soup pot with two quarts of cold water, a half cup of chopped celery tops, a blade of mace, a teaspoon of sugar, a saltspoon of pepper, and a teaspoon of salt. Cover the kettle; bring to boiling point and skim carefully. Simmer gently for two hours and a half. At the end of that time remove the chicken from the soup, strip the meat from the bones, throwing bones and skin back into the soup. The white meat may be set away for salad; the dark meat may be creamed. Let the soup simmer for half an hour longer, then add to it the beaten whites and shell of two eggs; bring once more to boiling point, then strain. When cold remove every particle of grease, and heat as needed. This recipe should make a little more than two quarts of bouillon. It may be more highly seasoned, if desired, as it is used.

Soup à la Reine

Select one four-and-a-half-pound fowl, have it cleaned and jointed, and put it on to cook in two quarts of white stock. After cooking for one hour take out the chicken and remove the bones, then pound the meat with one ounce of sweet almonds in a mortar very fine. When well beaten put back into the stock with the crumb of two French rolls. Let simmer one hour, then rub through a fine sieve and add a half pint of hot cream, a teaspoon of sugar, a teaspoon of salt, and a saltspoon of pepper. Serve hot. If the soup is to be warmed over do it in a double boiler, for then the delicacy of the soup is not lost. This is sufficient for eight persons.

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Duck Giblet Soup

Take three sets of duck or goose giblets, scald and cut in small pieces, put in a stewpan with an oxtail, a two-pound soup bone from shin of beef, one shank of mutton, generous bunch of soup greens, and allow them all to simmer in three quarts of water until the giblets are tender. When finished take them out and lay them in the bottom of the tureen, strain the soup, season, and thicken slightly with butter and flour mixed to a cream, and pour over the giblets, adding a cup of port wine and two tablespoons of mushroom ketchup.

Chicken Giblet Soup

Scald three sets of chicken giblets and cut the gizzards into small pieces; put them in a soup pot with an oxtail, small shin of beef, and a finely cut up soup bunch, with an extra onion added. Add three quarts of water, boil until the giblets are tender, then take them out, lay them in the tureen, strain the soup, and thicken it with a little butter and flour; add a wineglass of port wine and pour over the giblets and serve.

Mullagatawny Soup

Slice six onions thin and brown them in butter, lay four slices of bacon in the stewpan, and lay a jointed fowl on them to brown quickly. When brown add the onions, two quarts of stock, a teaspoon of salt, and a saltspoon of pepper, and let cook until the meat is tender. When the meat is done rub together one ounce of sweet almonds that have been pounded, and a tablespoon of curry powder with a little of the stock; add this to the soup with a tablespoon of chutney syrup and serve with a spoon of boiled rice in each dish. The chicken when done is usually stripped from the bones, cut fine, and put back into the soup, but it may be removed entirely if desired.

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Pheasant Soup

Joint two pheasants, dice two slices of ham, flour them, and braise them in butter until they are a nice brown. Then put them into a stewpan with three quarts of stock, two sliced onions, a half bunch chopped celery, a teaspoon of salt, and a saltspoon of pepper, and simmer for two hours. Strain the soup and pour it over the crumb of two French rolls and the diced breast meat. Add two hard-boiled eggs sliced and serve.

Chili-Con-Carne (Mexican Heavy Soup)

Cut in squares a half pound of lean beef, a quarter pound of veal, and a quarter pound of pork. Strip the meat from the bones of a two-and-a-half-pound chicken. (The chicken bones may be added to the stock pot.) Put the meats together in a stewpan with two chopped onions, four chopped pimentos, one quart of canned red kidney beans that have been passed through a sieve. Heat in a pan one ounce of butter, two tablespoons of olive oil, and a gill of tomato sauce, and when melted together turn over the mixture. Put all into a buttered baking dish, dust the top with white pepper, cover, and cook one hour. When done turn over an ounce of melted butter and serve at once. At Mexican dinners there are two soups usually served, a thick one and a thin one; the latter is generally made of cereal or fruit delicately flavored, while the heavy soup is hearty and very highly seasoned.

Broth Royale

Wash and cut fine one three-stalk bunch of celery and put it in the soup kettle with a sliced onion, two bay leaves, two cloves, five quarts of chicken broth, and six pair of chicken feet skinned and cracked. Season with a tablespoon of salt and a teaspoon of pepper, and let cook gently for two hours. Strain the broth through a napkin, into another

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saucepan, let it come to a boil, and sprinkle in two ounces of tapioca, stirring while adding it, and let boil ten minutes; it will then be ready to serve.

Belgian Pigeon Soup

Clean, cut up, and fry three pigeons, remove the breast meat and cut into squares, throwing the rest into two quarts of white stock with the bones, one ounce of chopped ham, and one small minced onion. Thicken slightly with butter and flour creamed together, strain, add the diced meat, and one cup of boiled peas and a glass of white wine. Serve with toasted croutons.

Turkey Soup

Take the remains of a roast turkey, bones and all, and put them into two quarts of white stock. Let them cook, adding a stalk of celery and an onion, until the bones are clean, then strain and set aside. Remove all grease as it arises; when clear, return it to the soup kettle, and, when hot, season with a tablespoon of worcestershire sauce, a tablespoon of mushroom ketchup, a saltspoon of pepper, and a tablespoon of salt, and thicken with two ounces of rice flour or arrowroot that has been mixed smooth with a little of the soup.

Rabbit Soup

Take one good sized rabbit, skin and clean it, wash, and cut into pieces. Fry one sliced onion in two tablespoons of butter; when a golden brown add the rabbit, each piece dipped in flour. Cover closely for five minutes, then add one pint of boiling water and one quart of hot red stock that is well seasoned. Cover again and allow all to simmer gently for one hour, seasoning to taste. Remove the rabbit pieces, strip the meat from the bones, and cut into dice. Return the dice to the soup with two hard-boiled eggs

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diced, four cloves, one thinly sliced lemon, and a wine glass of madeira wine. Serve at once. This is sufficient for eight people.

VEGETABLE SOUPS

Soups made of vegetables, while more trouble to prepare than meat soups, require less time in the cooking. The fresher the vegetables and the better their quality, the more perfect will be the soups made from them. All vegetables should be carefully washed and looked over to see that no dirt or insects are lodged in the leaves; also to make sure that no fertilizer or spraying mixture remains. In seasoning vegetable soups, though the quantities of salt and pepper are usually given, it is always safer to taste the soup, as vegetables at different stages of maturity give off different degrees of salts and acids.

Vegetable Soup

To three pints of red stock add one pint bottle of macédoine vegetables, after draining, one grated onion, one cup of finely chopped celery; season the soup to taste after it has boiled forty minutes. Serve hot with the vegetables in it. This will serve six people. If one has time a fresh soup bunch, containing all the vegetables, may be washed and diced into the stock in place of the macédoine vegetables. In this case the soup will have to cook gently but evenly for a full hour.

Pea Soup

Take one cup of yellow split peas, wash carefully, and put on to cook in a three-quart pitkin with two quarts and a pint of water. Slice thinly one large onion and add with two slices of diced pickled pork. Cover and cook slowly for four hours, stirring occasionally. Add a teaspoon of salt and a saltspoon of pepper. If the soup boils too thick a little more water may be added. Taste before serving

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for more seasoning may be needed. Just before sending to table a gill of hot cream may be added, though it is not necessary.

Green peas may be used in the same way, though generally if they are used the soup is thinned to the consistency of heavy cream by the addition of a cup of hot milk.

Fresh Asparagus Soup

Wash and boil one bunch of green asparagus until very tender. Drain but save a pint of the water. Rub through a purée sieve, add the water and one cup of hot, rich milk, a lump of butter, a quarter saltspoon of pepper, a half teaspoon of salt, and thicken slightly with butter and flour mixed to a paste. Just before serving add a cup of hot cream and pour over toast sippets in the bottom of the tureen. Chop enough tarragon leaves to make a tablespoon, and sprinkle over the top of the soup.

Canned Asparagus Soup

Take one can of asparagus tips, cut the tips one inch long, and stew fifteen minutes in clear water. Take the ends and add with a soup bunch consisting of parsley, one onion, one carrot, and a stalk of celery, to one pint of white stock. Boil until flavor is extracted from the vegetables, strain and add to one quart of heated milk, thicken with two tablespoons of flour and one tablespoon of butter, which have been molded together, add seasoning, the tips drained out of the water, and serve with toasted bread squares.

Artichoke (Jerusalem) Soup

Put three slices of lean bacon into a stewpan with four ounces of butter, half a bunch of celery, one onion, one turnip, all cut fine, and braise them a quarter of an hour, keeping them well stirred. Wash and pare four pounds of

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artichokes, add them to one pint of white stock. When these have stewed down to a pulp, add two quarts of white stock, a teaspoon of sugar, a quarter saltspoon of pepper, and a half teaspoon of salt, simmer five minutes, and strain. Pour back into the pan and simmer five minutes more. Add a half pint of boiling cream, and serve with sippets of bread fried in butter.

Cucumber Soup

Pare, quarter, and remove the seeds from two cucumbers, cut in thick slices, and cover with boiling water to draw out the poison. Let them stand ten minutes, then have ready two quarts of white stock, add the cucumbers, and boil slowly until very tender, adding a bunch of sweet herbs. Strain and season and add a gill of cream, in which two eggs have been well beaten. Serve at once with toast sippets.

Fresh Corn Soup

Split the grains of one dozen ears of corn, then scrape them down with the back of a knife. Throw the cobs into the saucepan with enough water to cover them and let them boil ten minutes; then strain the water, saving one quart. Add to it slowly one quart of cream, then the corn; let it come to the boiling point, then boil slowly fifteen minutes, add a quarter saltspoon of pepper, a half teaspoon of salt, a tablespoon of sugar, and thicken to the consistency of cold honey with a little butter and flour rubbed to a paste. Serve at once.

Creole Gumbo

Creole gumbo is made by adding to three tablespoons of melted butter one pepper, two onions, half a cup of raw ham, and half a cup of raw veal. Chop all very fine and, stirring well, cook for six minutes; then add two quarts of

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hot stock and salt and pepper to taste, cooking it for thirty minutes. Skim well and add one tablespoon of rice, cover, and boil twenty minutes; then add twelve well trimmed and sliced okras, two sliced tomatoes, and one and a half teaspoons of worcestershire sauce. Boil for thirty minutes, skim, and serve in hot tureen.

Chantilly Soup

Boil until tender one quart (or two cans) of green peas. Add to the peas a sliced onion and a bunch of parsley. Have ready two quarts of white stock at boiling point, put the peas through a purée sieve, and add with the seasoning to the soup. Do not let the soup boil after adding the peas or it will injure the color.

Fresh Pea Soup

Shell two quarts of fresh peas and put them in a stewpan, cover with water, and boil until they are very tender; then drain them, saving a cup of the water they were boiled in, and rub them through a purée sieve. Take a tablespoon of butter, a saltspoon of pepper, salt to taste, and a teaspoon of sugar, moisten with a little of the water, and mix to a smooth paste; then add slowly, stirring all the time, one pint of hot cream. If the soup seems too thick, heat the rest of the cup of water and add it. Have ready little croutons that have been toasted in the oven to serve with the soup.

Parsnip Soup

For parsnip soup, pare and slice six parsnips of medium size. Melt in a stewpan three ounces of butter, add the parsnips, pepper and salt to taste, and stew until they are tender. If they absorb the butter too rapidly add a half cup of beef stock. When they are tender add a pint of

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stock and boil together for half an hour. Pass through a sieve, add a pint more stock, boil and season, thicken slightly, and add a tablespoon of tomato ketchup, pepper, salt, a tablespoon of sugar, and a tablespoon of chutney sauce. Let cook three minutes, then strain. When cold, remove all particles of grease and serve with a teaspoon of finely chopped cold boiled carrot in each cup.

Scottish Soup

For eight persons, use a good sized leek, trim and wash it and cut it into Julienne pieces one inch long; sauté in butter until it is a delicate brown, then add three pints of water, salt and pepper to taste, one quart of potatoes, washed, pared, and diced, and a third of a cup of pearl barley. Let all cook slowly together for two hours. Just before serving, thicken slightly with two ounces of melted butter and flour rubbed to a cream. Serve very hot with toast squares.

Lentil Soup

Boil a half pound of lentils in three pints of water, add two cups of potatoes cut into small dice, the juice of one onion, salt and pepper to taste; when the potatoes are done, thicken with browned flour stirred in cold water enough to make a thin batter.

Sorrel Soup

Take a handful of sorrel, sauté it ten minutes in a spoonful of fresh butter, add a quart of water, a half teaspoon of salt, a saltspoon of pepper, and simmer half an hour over a slow fire. Stir in white of an egg, cook two minutes, stirring constantly. Rub in a cup the yolk of an egg with a small piece of butter, add a cup of cream, and stir all together. Cover the bottom of the tureen with toast squares. When ready to serve pour in the soup and sprinkle a little finely chopped chervil over the top.

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Okra Soup

For the soup take one can of tomatoes or one pound of fresh tomatoes and one pound of okra, which must be carefully washed and cut into slices. Take also one sliced onion, one bud of garlic, two tablespoons of chopped parsley, and one quart and a half of chicken broth and one slice of pickled pork diced. Cover the soup pot closely and boil until the okra is thoroughly done. Season and add one cup of hot cream just before serving. Serve all the vegetables in the soup.

Onion Soup

Cut up four large onions and brown them in six ounces of butter for two minutes; add a half teaspoon of salt, quarter saltspoon of cayenne, and a quart of stock; cook slowly one hour, then add a large cup of hot milk with two beaten eggs and stir in quickly. Lay in the bottom of the tureen toasted bread squares sifted with Parmesan cheese and turn the soup over them.

Potato Soup

Cut six large white potatoes into small cubes and throw them into cold water. Wash carefully a complete soup bunch of all the needed greens; cut it fine, and add one can of mushrooms, or a half pound of fresh ones carefully pared and washed. Put all into the soup pot and boil one hour; then add slowly a pint of good, drawn butter and serve with toast squares or tiny rolls.

Potato Soup

Boil six potatoes and mash them smoothly and gradually add them to two quarts of boiling white stock; season well and pass through a sieve; heat and serve with toast squares.

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Mushroom Soup

Take a cupful of dried mushrooms, thoroughly wash and soak them for a couple of hours, then put them in a double boiler with a pint of cold milk and let them simmer until they are puffed up; then add a pint of hot milk, a gill of cream, a saltspoon of pepper, a half teaspoon salt, a tablespoon of worcestershire sauce, and a tablespoon of chutney syrup; thicken all by adding a little butter and flour mixed to a paste, but do not make the soup too thick.

Mushroom Soup

Take one can of button mushrooms, drain, cut in half, sauté in butter, pepper and salt to taste, for five minutes, then add gradually a pint of white stock, the juice of an onion, a quarter bud of garlic, a tablespoon of mushroom ketchup, a tablespoon of worcestershire sauce, and add gradually another pint of stock. Thicken slightly with a little browned flour and butter creamed together, let boil up until the right consistency, remove from the fire, and add a cup of hot cream.

Fresh Tomato Soup

Take one dozen fresh smooth tomatoes and chop them fine, chopping with them a stalk of celery, two onions, two peppers, and a bunch of fresh sweet herbs. Add a half slice of lean ham and cover with a quart of cold water. Boil evenly for an hour, then add a little cornstarch to thicken the soup slightly.

Vegetable Marrow Soup

Pare and slice four medium marrows, cover them with two quarts of white stock; let them boil until they are very tender, then strain and press them through a purée sieve, add quarter of a saltspoon of pepper, half teaspoon of salt, a teaspoon of sugar, a grating of nutmeg, and the juice of an

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onion. Just at serving add a half pint of hot cream. Toast sippets that have been fried in butter and carefully drained are nice with this soup.

Spinach Soup

Take two quarts of white stock, season and thicken very slightly, and add, just before serving, one cup of hot cream. Have ready three quarts of spinach that has been carefully washed, boiled, chopped fine, well drained, seasoned with a saltspoon of pepper and a half teaspoon of salt, and a teaspoon of melted butter, and molded into balls the size of English walnuts. Arrange the balls in a tureen or allow two to a portion, and turn the hot soup over them.

Pomeranian Soup

Wash and boil until very tender one quart of white beans. Remove half of the beans and set aside; put the rest with the soup through a purée sieve. Heat the soup again, adding the juice of an onion, a half cup of chopped celery, and the seasoning, put in the remainder of the beans, and boil fifteen minutes. If the soup seems a bit thick, add a little hot cream and serve. Little toast squares are nice with this soup.

Russian Bortsch

Select two pecks of tender beets, wash and cut them in quarters, and place them in a wooden half barrel, or tub, with sufficient tepid water to cover them. Stir them and remove the accumulated scum from time to time, allowing them to stand from ten to fifteen days to ferment and become sour. They should then be drained and the liquid boiled until it is perfectly clear, skimming carefully. It is then bottled and is ready for use as a soup stock, or the Russians use it also for a beverage. When ready to make the soup take two quarts of the bortsch and add to it a

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pound of diced beef, a small slice of diced ham, and a diced pork tenderloin; wash and dice a soup bunch and add. Allow it to cook until all the ingredients are done; season to taste and serve with the ingredients left in it.

CREAM SOUPS AND PURÉES

Cream soups and purées are more especially suitable for luncheon and nursery use, and are often included in the various invalid and meatless diets. They require the greatest care in preparation, for they burn easily, thicken and grow pasty if allowed to stand and cool after they are ready, and are not attractive to reheat and use again. Therefore it is wise to make only the quantity that is needed for one serving. Only the sweetest of milk and cream, best butter, freshest eggs, and perfectly matured vegetables carefully washed and prepared, and fruit in perfection should be considered in their making. Cornstarch, arrowroot, rice, banana, or one of the new vegetable flowers will be found the most delicate thickenings for these soups. There should also be a double boiler and fresh granite saucepan devoted to these soups, so they are not cooked in vessels that retain strong flavors and exude greases of other foods that have been cooked in them.

Cream of Asparagus Soup

For cream soup, wash, trim, and scrape the stalks of one bunch of asparagus, cut the "heads" one inch long and boil separately till done, then drain and set aside. Cut the rest into inch pieces, cover with one pint and a half of boiling water, and cook until very tender, adding a quarter of a saltspoon of salt and the juice of one small onion. Strain and mash through a sieve, add a pint of hot milk and half a pint of cream, thicken with butter and flour rubbed to a paste, add the asparagus heads, season to taste, and serve with toasted croutons.

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Aguacate Cream Soup

To a rich cream soup that has been flavored with sweet herbs, add one aguacate pared and seeded and cut into very small pieces, just as the soup boils up for the last time before serving. Select ripe aguacates (alligator pears) for soup use as they will have a better flavor.

Corn Purée

Split the grains of one dozen ears of corn and scrape them down, add a tablespoon of sugar, salt and pepper to taste, small lump of butter, a cup of milk, and a cup of cream; boil in double boiler for fifteen minutes, then rub through a purée sieve, and if too thick thin slightly with a little hot cream. Canned corn may also be used if fresh is out of season; one can will be equal to six ears of corn.

Cucumber Purée

Take one large, ripe cucumber, pare, and remove the seeds. Cut it into slices; wash and cut two heads of lettuce and place with the cucumber, in one quart of water. Add one onion whole and one stalk of celery, one clove, and two slices of lemon by way of flavoring. Boil until the cucumber is very tender, then remove the onion and celery and rub the rest through a purée sieve. Add a pint of hot cream, thicken slightly with a little butter and flour rubbed smooth.

Purée of Lima Beans

Soak one pound of dried lima beans over night. In the morning slip them from their skins and add to them three pints of water with a small sliced onion, two stalks each of parsley and celery, with a saltspoon of bicarbonate of soda. Cook all until very tender and until the water has boiled down about one half, then put through a purée sieve. Have the following cream sauce ready to mix with the bean purée: Three tablespoons of butter and two table-

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spoons of flour creamed together well, add one pint of cream, a quarter saltspoon of paprika, and the same of pepper. Mix carefully with the purée, wipe the inside of the double boiler with a bud of garlic, turn the purée into it, and stir constantly until all is smooth and hot. Serve with toasted croutons.

Cream of Celery Soup

Boil a trimmed and washed head of celery in one pint of water for thirty minutes. Boil a blade of mace and a large slice of onion in a pint of milk; mix one tablespoon of flour with two tablespoons of milk; add this to the boiling milk, and cook for ten minutes. Mash the celery in the water in which it has been cooked, mix it into the boiling milk, and add one tablespoon of butter, seasoning with pepper and salt to taste. Stir well for one minute, then strain. The flavor may be improved by adding one cup of whipped cream, when the soup is put into the tureen. This is sufficient for four people.

Cream of Cabbage Soup

For the cream of cabbage soup, use one small white cabbage and strip from it the outer leaves. Cut it in half, remove the hard heart, and then chop it coarsely; put it into a large saucepan, cover it with a pint of boiling water, and add a teaspoon of salt, a saltspoon of cayenne pepper, two lumps of sugar, and a quart of hot milk. Let it stew gently, covered, until the cabbage is very tender, and then strain through a fine sieve. Add to the liquid a teaspoon of onion juice and thicken with butter and flour rubbed to a smooth cream. Boil the soup until it is the consistency of honey; if it is inclined to be lumpy, strain it into the tureen. Dot the surface with tiny toast squares and serve hot. The cabbage that has been strained from the soup may be put away, and the next day may be escalloped with crumbs and cheese for a luncheon dish.

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Pineapple Purée

Pare and chop fine one fresh ripe pineapple, add a few stalks of celery, pepper, salt, and a pint of water. Let simmer until the fruit is done, then put it through a purée sieve. Add to it a pint of hot cream, a teaspoon of sugar and paprika, mix and see that it is hot—but do not boil after adding the cream. If the purée seems a bit thin add a little butter and flour rubbed to a cream and allow it to come to the boiling point.

Peach Purée

Select two dozen large ripe peaches, pare, halve, and stone them, then put them in a saucepan with a pint of water; boil them until they are very tender, then put all through a purée sieve. Put the pulp back into the saucepan and add a cup of sugar, a little grated nutmeg, and a pint of hot sweet cream. Blend all together and serve the purée hot with toast fingers.

Dandelion Purée

Take two quarts of fresh dandelion leaves and wash them thoroughly, then chop fine and boil them in one quart of water. When done (in twenty minutes) add the juice of an onion, a teaspoon of salt, the same of sugar, and a saltspoon of pepper, one pint rich milk or cream, and thicken with flour and butter rubbed to a cream. Rub all through a purée sieve and put in a double boiler to reheat, adding a finely diced hard-boiled egg.

Pimento Bisqué

Wash and chop six red peppers, removing the seed cones of three, add three chopped onions and a stalk of chopped celery and put all in a quart of cold water. When it begins to boil add a half cup of well washed rice and boil twenty minutes. Put through a purée sieve and add to the mixture

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one pint of rich milk or cream heated to boiling point and thicken with rice flour rubbed smooth in cold milk (about two level tablespoons, but it may not all be needed); stir in a little at a time until the mixture has the consistency of molasses.

Potage Cressonnière

Take two good-sized white onions, pare and slice thin, and fry in butter until a delicate brown, adding a tablespoon of flour and cooking three minutes longer; add one quart of boiling water and boil slowly. Pare and dice one quart of potatoes, add them to the potage with a half bunch of well washed watercress chopped fine. When ready to serve, after it has cooked for half an hour, add a pint of hot milk and four ounces of table butter creamed with two heaping tablespoons of lentil flour. This will thicken the potage sufficiently. Serve very hot. This will serve eight people.

Spinach Purée

Wash carefully two quarts of spinach and cook until tender in a small quantity of water. Rub through a sieve and add three cups of rich stock and season to taste. Stir to a paste one tablespoon of butter and the same quantity of flour and one cup of hot milk. Add this to the soup and let all boil up together, stirring to keep it smooth. Serve with croutons.

Parsnip Purée

Pare and boil six good-sized parsnips until soft enough to mash, drain, and put them through a purée sieve; add one cup of milk in which a tablespoon of cornstarch has been dissolved, two tablespoons of melted butter, pepper, salt, and a teaspoon of sugar; mix smooth, add a half pint of cream, and let boil up once, stirring carefully; then add a half pint of hot cream. It is then ready to serve. Use

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toast squares that have been fried in butter and drained, and rub the inside of the tureen with a little piece of garlic.

Tomato Bisque

Take one can of tomatoes, one onion, and a soup bunch, boil all together for an hour, strain, and set away to cool. When needed, heat to boiling point; also heat a pint and a half of milk and have ready butter and flour mixed to a paste for thickening. Put a half teaspoon of bicarbonate of soda into the tomato and as it foams up add the milk and rub in the thickening. Season to taste and serve in a tureen.

Cream of Tomato Soup

To one can of tomatoes add a well washed and diced soup bunch, a pint of cold water, and cook thirty minutes; strain and set aside. Just before serving heat a pint and a half of sweet milk, add to it a teaspoon of salt and a saltspoon of pepper, and thicken it with butter and flour rubbed to a cream, adding lastly a saltspoon (heaping) of bicarbonate of soda. This prepares the milk to receive the tomato, which should be hot and added slowly, stirring steadily while it is added. The cream should be made thick enough to allow for the thinning by the addition of the tomato. This is sufficient for six persons.

Purée of Asparagus

Take one bunch of green asparagus, wash and trim, boil until very tender in a quart of water, adding salt, pepper, the juice of an onion, and a stalk of celery cut fine; when very tender remove from the water and mash through a purée sieve; add to the pulp one cup of cream, one cup of milk, one cup of the water in which it was boiled, pepper, salt to taste, and thicken with butter and flour rubbed to a cream. Serve hot with toast croutons.

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Cream of Lettuce Soup

Wash thoroughly two large, solid heads of Boston lettuce, then shred it and cover it with a pint of cold water. Let boil a half hour, add the juice of an onion and a pint of hot milk, a half teaspoon of salt and a saltspoon of pepper. Thicken with a heaping tablespoon of butter and a tablespoon of flour rubbed to a cream. Work all through a purée sieve; reheat in the double boiler and serve. This is sufficient for six people.

Cream of Salsify Soup

Scrape two bunches of salsify and cut in pieces. Slice one onion thin and cook it with the salsify in one quart of water. When cooked very soft put through a purée sieve; season to taste, add a cup of hot cream, and, if not quite thick enough, it may be thickened with a little butter and flour creamed together.

Cream of Beet Soup

Boil two bunches of new beets (forty-five minutes) and when cool enough to handle pare and grate them. Add the grated beet to a pint of white stock, heat, and when hot add a pint of hot cream, or rich milk; season to taste, thicken lightly if needed, though generally the grated beet is sufficient thickening. Serve hot. This will serve six persons.

CEREAL SOUPS

Cereal soups are in great favor as nursery soups but are also liked by "grown-ups," and make quite acceptable changes in the daily menu.

Macaroni is a paste made from wheaten flour and water, partially baked as it is forced through the cylinder or machine that shapes it and makes it; then it is hung up to

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dry for several days. It is wholesome and nutritious and well deserves the place on the menu that it has won.

Tapioca is a most excellent soup medium as well. It is made from the pith of the cassava tree, native to the East Indies and Brazil. Its nutritive properties are great and are especially adapted to delicate digestions.

Rice is another grain that lends itself to cooking in various ways that are all most acceptable. The Hill rice, the Patna, and the Carolina are well known varieties. It is very nutritious when taken with other foods, but if eaten in large quantities alone it is apt to lay too long in the stomach and create indigestion.

Tapioca Soup

Put five ounces of tapioca into two quarts of cold white stock and bring it gradually to a boil. Simmer for an hour or longer, until it is tender. Season to taste, and just before serving add a wineglass of good sherry and serve with dry toast fingers.

Macaroni Soup

Add to two quarts of clear stock the macaroni that has been fixed in the following way:—Put three ounces of macaroni and a piece of butter into boiling salted water and boil for half an hour. Drain and cut it into short lengths or rings, add it to the stock with the seasoning and a generous sprinkling of Parmesan cheese. It should soak in the stock fifteen minutes before adding the cheese—in fact, in many places the cheese is added at table.

Rice Soup

Throw four ounces of Patna rice into boiling water and let it boil five minutes. Then pour into a sieve and allow it to drain well. Then add it to two quarts of boiling white stock. Add a level teaspoon of salt, a quarter of a

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saltspoon of pepper, and a pinch of mace. Just before it goes to table put a few tablespoons of whipped cream over the top and serve with toasted bread sippets.

Vermicelli Soup

Set a three-pound chicken to boil in two quarts of red stock; add two slices of bacon, a bud of garlic, and an onion stuck with cloves. When the chicken is well done, take it out and strain the soup. Return it to the soup pot and, when it boils, add four ounces of vermicelli and the seasoning; let boil for ten minutes, then add the chicken that has been diced, cook ten minutes more, then turn into the tureen and strew over the top toasted bread squares.

Barley Soup

Take two pounds of shin of beef, a quarter pound of pearl barley, and a soup bunch of vegetables, washed and chopped fine, and four quarts of water. Boil slowly for three hours; add pepper and salt to taste. When ready to serve remove the bones and add toasted bread squares.

Sago Soup

Wash three ounces of sago in hot water, add it to two quarts of white stock, adding one bay leaf and a lump of sugar; simmer for half an hour, then add the beaten yolks of two eggs and a half pint of hot cream; stir quickly, but do not let them boil, as the eggs might curdle. Serve immediately. Samp may be used in the same way.

Monte Carlo Soup

Cut six slices of stale bread, butter them very lightly with soft butter, and sprinkle them thinly with sugar; then carefully brown them in the oven and lay them in the soup tureen. Take a quart of highly seasoned white stock and add to it a pint of hot milk and a pint of hot cream; just

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before serving time add a tablespoon of finely chopped celery leaves and turn all over the toast.

Bread Soup

Boil one pound of bread crusts in one quart of red stock, adding an ounce of butter, for half an hour. Beat the crust up with a spoon and allow it to continue boiling until bread and stock are thoroughly mixed. Season with a level teaspoon of salt and a saltspoon of pepper. This soup is cheap, seasonable the year round, and this quantity serves four people.

COLD AND JELLIED SOUPS

Particularly attractive for summer serving are the different iced soups, or those which have been jellied. Soup still retains its place on the menu during the warm months, but often a hot soup is not desired and those served cold offer a pleasant variation.

Clam Broth, Bellevue

Make one quart of rich chicken broth, adding savory herbs and seasoning while it cooks; then strain and cool. Take one dozen and a half of Little Neck clams, wash carefully, put in saucepan with one cup cold water; let simmer until all the clams have opened, strain the juice, and add to the chicken broth; when thoroughly chilled and ready to serve, put a tablespoon of whipped cream on top of each cup.

Salianka

Take a slice of codfish, the backbone of the cod, the bones and a few flakes of salmon, pint of water, and pint of white wine; add a bunch of herbs, one onion, salt and pepper; boil a half hour, then strain through fine sieve into service cups to allow it to chill and lightly jell. Serve with cucum-

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ber fingers that have been rubbed in salt to draw off their poison water, then rolled in powdered nuts with a dash of paprika.

Essence of Chicken Madrilaine in Jelly

Clean one three-pound fowl and joint it; add one pound calves' foot jelly, one bud garlic, one pound carrots, one pound leeks, one pound onions, six tomatoes, one teaspoon curry powder; add water to fill kettle, place over the fire until it reaches boiling point, then draw aside and allow to boil slowly for two hours. Strain through cheesecloth and set aside to cool; remove all grease with a blotting paper as it rises; when cool place in icebox until needed. This consommé when properly made is clear and partially jellied. Serve very cold.

Iced Clam Broth

Take three dozen little round clams, scrub them clean, and place them in an enamel saucepan, covering them with a cup and a half of cold water. Let them steam, after they get hot, for five minutes or until all the shells are open. Remove the clams from the shells, carefully strain the broth through cheesecloth and set against the ice to chill. When serving put a dash of pepper on the top of each cup and lay a wafer in the saucer. The clams may be covered with a little of the broth and chopped for fritters for breakfast or luncheon, so that they are not wasted.

Frozen Beef Tea

Make a good beef tea, the quantity which will be needed, strain, season with salt and pepper to taste, and dissolve in it one teaspoon of powdered gelatine. Let it get cold and then skim off all the grease. Beat the whites of two eggs very stiff, blend it with the beef tea, and freeze to the consistency of a heavy custard or mousse. Put a dash of

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paprika over each portion and place a dainty soup stick on the saucer.

Cherry Soup

Crush the juice from one pound of large ripe cherries, add one pint of water, one pint of white wine, and one tablespoon of sugar. Stew fifteen minutes, strain carefully, and chill; serve in cup bedded in cracked ice, with the relishes.

Raspberry Soup

Wash carefully two quarts of raspberries, add to them one teacup of grape juice, one teacup of water, four ounces of sugar, and one stick of cinnamon four inches long. Boil all together for fifteen minutes, skimming carefully, cool and chill.

Lemon Soup

Make a rich hot lemonade and thicken it slightly with cornstarch, then let it get cold and chill. When ready to serve add a teaspoon of grated pineapple to each cup and a green Maraschino cherry.

Orange Soup

Make a strong lemonade of eight lemons and two oranges, add a cup of sugar and a pint and a half of boiling water, thicken slightly with cornstarch and let it cool. When cold add the scraped pulp of two oranges and one grapefruit. Chill and serve in cups with a red cherry in each cup.

Cold Beet Soup, Waldemar

Grate eight cold boiled beets and place in a saucepan with a glass of white wine; boil five minutes, then strain through a fine cloth and set away to cool. Take four hard-boiled eggs, pass the yolks through a sieve and mix them

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with one pint of sour cream; add to the beet essence, season well with salt and pepper, and serve in cups on ice with garniture of six radishes diced, egg whites cut in fine strips, and one cucumber which has been simmered in hot water five minutes, then thinly sliced. This is a most refreshing soup in hot weather.

FRUIT AND NUT SOUPS

Fruit and nut soups have nothing special to recommend their use other than adding a note of variety in soup offerings. America is receiving a greater variety of nuts from other countries than ever before and we are gradually learning to use and appreciate them as we do the foreign fruits that were once only a rare luxury.

Almonds are considered indigestible, and it is not well to eat too freely of them, as they contain a principle that produces two violent poisons, a volatile oil and prussic acid. They are considered least dangerous to the digestive organs when salted. Almond paste is the foundation of some of our most delicious candies, macaroons, and other French cookery.

Almond Soup

Boil four pounds of lean beef with a scrag of mutton in two and a half quarts of water until the meat is done and the gravy is rich; strain, and add eight ounces of vermicelli, four blades of mace, six cloves, and boil until the spices flavor. Blanch and pound half a pound of sweet almonds, mix a little soup while pounding, in order that the almonds may not grow oily; add the yolks of six hard-boiled eggs, pound until it is a mere pulp, mix all together, strain, heat, and just before serving add a gill of rich cream.

Alligator Pear Soup

Pare and cut into small pieces four good-sized alligator pears; put them in a double boiler with a pint of water and

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one chopped red pepper, a quarter bud of garlic and one thinly sliced onion. Boil until very tender, put all through a purée sieve, add to it one pint of hot cream, a small lump of butter, pepper and salt to taste. If the soup is too thick, thin it slightly with a little bit of milk, but leave it a heavy soup and serve with toast squares that have been fried in butter and carefully drained.

Aguacate Cream Soup

Make a rich cream soup in the usual way, adding a generous flavoring of sweet herbs. Pare one alligator pear, remove the seed, and cut the pulp in small pieces. As the soup boils up for the last time, add the pear and serve.

Plum Soup

Boil four large tablespoons of pearl tapioca in one pint of water, adding to it one quart jar of canned plums; add dash of nutmeg, two tablespoons of sugar, if it is not too sweet from the canned plums; strain; add one glass of madeira wine. If a thicker soup is desired, dissolve one tablespoon of arrowroot in a gill of sweet cream and add to the mixture, letting it boil up only once before serving.

Prune Soup

Soak eight prunes in one pint of water over night. In the morning remove the prunes and add to the water one pint of stock with three thickly sliced leeks, one level teaspoon of salt and a quarter saltspoon of pepper. Let the soup simmer until the leeks are tender, then add the prunes; boil five minutes and turn into a tureen that has been wiped with a bud of garlic. Serve toasted croutons with the soup.

Apple Soup

Apple soup will be found an agreeable change once in a while. Peel, quarter, and core two pounds of apples and

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boil in two quarts of good white stock until tender; then rub through a sieve, add a quarter saltspoon of pepper, a level teaspoon of salt, a saltspoon of allspice, and a tablespoon of sugar, and just before serving add a glass of madeira and a gill of cream. Serve with toasted croutons.

Apple Soup

Peel, core, and cut in pieces four sour apples, add them to a quart of water, the juice of one lemon, and a grating of cinnamon, boil until the apples are entirely soft, then add one third cupful of boiled sago and sweeten to taste; just before serving add glass of white wine and cup of whipped cream.

Cocoanut Soup, Hindustani

Grate two fresh cocoanuts and mix them with one and a half quarts of white stock. Simmer gently for a half an hour, then season with one teaspoon of salt, a saltspoon of pepper, strain and thicken with two egg yolks beaten with juice of a lemon and enough flour to make a thin batter. Serve with croutons that have been fried in butter.

Cocoanut Soup

To three quarts of white stock add six ounces of grated cocoanut, a quarter saltspoon of pepper, a half teaspoon of salt, and a half saltspoon of mace; simmer gently one hour; strain and add a quarter pint of boiling cream; thicken with six ounces of rice flour.

Spanish Chestnut Soup

Peel and blanch three quarters of a pound of French chestnuts, cover them with a quart of good stock, and stew them gently for three quarters of an hour; drain, pound, and rub them through a fine sieve; add half a teaspoon of

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salt, quarter saltspoon of pepper, a half saltspoon of mace, stir until it boils, then add one quarter pint of hot cream; serve with toasted croutons.

Chestnut Soup

Remove the shells from three quarters of a pound of French chestnuts and put them into warm water. When it becomes too hot to put the fingers into it, remove the chestnuts from the fire and blanch them. Rinse them and put them on the fire in a saucepan containing a quart of white stock. Let them boil until they are very soft, then rub all through a sieve. Add seasoning and a half pint of cream. Keep hot, but do not boil again. Serve croutons with the soup.

Brazil Nut Soup

For the soup select one pound of fresh Brazil nuts, shell, blanch, and put them through a grinder. Stew them for two hours in three pints of water, to which add a stalk of chopped celery, an onion, carrot, parsley, and a leek. When done pass through a sieve, add a pint of boiling milk, thickened slightly with a little butter and flour rubbed to a cream, season, and just as it is removed from the fire add a cup of hot cream. Serve with toast dice which have been fried in butter and carefully drained.

Marron Soup

Take one pint jar of marrons and turn them into a saucepan with the liquor and add one quart of good vegetable stock. Cook gently until the marrons are soft; then press through a sieve, season with salt, pepper, a teaspoon of worcestershire sauce, four drops of kitchen bouquet, heat, add half a pint of hot, heavy cream, and serve with toasted croutons. This soup to be at its best must be served very hot.

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Cream of Peanut Soup

Put one quart of milk into a double boiler and add to it the juice of one onion, a bay leaf, a half cup of chopped celery, a quarter saltspoon of pepper, a half teaspoon of salt and half a pint of peanut butter. Cook until all is smooth, then thicken with a tablespoon of cornstarch mixed in a little cold water. Serve hot with toasted croutons. This will serve four people.

Orange Soup

Pare and cut in pieces eight oranges and add them to one quart of water. Boil for half an hour, then strain, turn the juice back into the saucepan, and add a saltspoon of salt, and a half saltspoon of cayenne pepper. As it boils up add a half saltspoon of bicarbonate of soda, then thicken with a little butter and flour mixed to a cream. Remove from the fire and add a half pint of hot cream. Serve with the soup dry toast squares or croutons.

SOUP GARNISHES

The so-called soup garnishes include soup dumplings of all kinds, the various macaroni pastes which come in different shapes, diced vegetables and vegetable balls and blocks and forcemeat of different sorts. Besides the toasted croutons, fried bread crumbs, and toasted bread squares, there are also the toast rings that are dipped in melted butter and sprinkled with Parmesan cheese. Of course the garnishes can only be used in clear soups. And in using any of the dumplings they may be boiled in fair water, drained, and dropped in the soup, so by their cooking they do not boil away and waste any of the rich soup stock. The diced vegetables may always be prepared in the morning and dropped into the soup when needed. The plain macaroni now comes colored pink with tomato sauce, and colored green with spinach, which makes it decorative for

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soup use. After boiling in clear water it may be cut into rings or short lengths, and in a plain tomato or consommé soup it is very pretty.

Still finer than the vermicelli is the Swiss brand of the paste called angel tresses, which is very fine and dainty for use in clear soups; while for garnishing nursery soups the marcaroni paste alphabet is still popular.

Croutons

Cut sliced bread into squares, triangles, or rings; trim off all crusts and fry a delicate brown in butter. Drain and they are ready to serve.

Plain toast squares are made by cutting large dice from thick slices of bread and drying them in the oven, allowing them to become a delicate brown.

Toast rings are made by drying bread rings in the oven, then smearing them with melted butter and dusting them with grated cheese, to which a little pepper and salt may be added.

Cracker Dumplings

Soak six thick soda crackers in water for two minutes, then press dry. Fry one minced onion in butter and pour over the crackers; add three beaten eggs, a saltspoon of salt, and a half saltspoon of pepper. Beat all together and add enough cracker meal to be able to form the mixture into dumplings about the size of a large marble. Drop the dumplings in boiling salted water and boil ten minutes; drain, and drop into the hot soup.

Austrian Potato Dumplings

Boil five potatoes in salted water for twenty-five minutes; drain, cool, and grate them; add to them four beaten eggs, two tablespoons of melted butter, a level teaspoon of salt, a half saltspoon of pepper, and flour enough, sifted in, to be

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able to mold the mixture into dumplings. Fry them a delicate brown in hot fat, drain, and drop into the clear soup.

German Liver Dumplings

Take a half pound of calf's liver, wash, and chop fine with one onion, add two beaten eggs, a level teaspoon of salt and a saltspoon of pepper, a teaspoon of melted butter, and enough dry bread crumbs to shape the mixture into balls. Drop into boiling, salted water and boil fifteen minutes; drain and add to the soup.

Soup Dumplings

Chop finely a half cupful of suet, add half cupful of flour, a quarter teaspoon of salt, a few drops of onion juice, pepper, and enough ice water to moisten the mixture. Roll into smooth dumplings, the size of a marble, and lay on floured plate. When ready, allow them to boil ten minutes in soup and serve.

Coronet Dumplings

These are also to be used in clear soup. To one pint of clear, rich tomato soup, add sprinkling of salt, pepper, nutmeg, and stir in five well beaten eggs. Pour the mixture into a well buttered pudding mold. Set the bowl into boiling water and allow it to boil one hour. Be careful to keep the water out of the mold, by covering it and not allowing the water to boil too hard. When sufficiently cooked, cut into balls with a potato scoop and drop into the soup. Allow three to each soup plate.

Stew Dumplings

The best stew dumplings are those made from bread dough. Pinch them off when the loaves are to be put in

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the pans and let them raise on a floured board until a half hour before dinner. Then drop them on the top of the boiling chicken or lamb stew, covering tightly with a cloth and the pot cover, and let them boil twenty minutes. Take them out, serve on a hot platter, and the stew on another platter, pouring on last the gravy, which has been thickened.

Baking Powder Dumplings

These are very nice for stew, but cannot equal the raised ones. Mix one pint sifted flour, two teaspoons baking powder, and half teaspoon of salt. Mix to a soft dough with milk, turn on the board, roll out an inch thick, and cut in small circles with cookie cutter. Roll in flour, drop on top of the simmering stew, cover, and cook twenty minutes without opening the pot.

Marrow Balls for Soup

Melt a tablespoon of marrow and strain through a cloth. Beat it until creamy, then add one egg, pepper, salt, and a little nutmeg. Beat again thoroughly, and add as much soft bread crumbs as the mixture will absorb. Shape in marbles, poach in boiling water, and put into the soup just before serving.

Potato Dumplings

These are to be served with pot roast or fricassee. Mix with one dozen cold boiled potatoes, grated, six tablespoons of flour, two tablespoons baking powder, salt, and nutmeg. Add a tablespoon of melted butter and three eggs, one at a time, mixing thoroughly. Form into balls about the size of a small apple, put into boiling water, which has been well salted, and boil fifteen minutes. Take out dumplings with a skimmer and garnish the roast with them.

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Suet Dumplings

Chop and free from skin a quarter of a pound of fresh beef suet. Add a cup and a half of flour, a half teaspoon of salt, a teaspoon of sugar, a dash of cayenne pepper, a saltspoon of baking powder, and enough water to form them into small dumplings the size of marbles. Put on a floured plate until ready to drop them into the soup. Boil fifteen minutes.

Almond Balls

Blanch and chop twenty-four Jordan almonds and mix with them a small cup of dry bread crumbs, a half teaspoon of salt, a quarter saltspoon of pepper, and the whites of two eggs; mold the mixture into small balls and fry them a golden brown in olive oil. Drain and add to the soup.

Marrow Balls

Take a quarter of a cup of chopped marrow and add to it a half a cup of bread crumbs, a teaspoon of onion juice, a saltspoon of salt, and a quarter saltspoon of pepper, the beaten yolk of one egg, and three drops of kitchen bouquet. Mold the mixture into small balls, dip them into the white of egg to seal them, and drop them into boiling water. Allow them to boil for two or three minutes, then lift them out and drop them into the hot soup.

Forcemeat Balls

Take four tablespoons of any cold, chopped meat, or dry, boiled, cold fish, add to this four tablespoons of bread crumbs, a half teaspoon of chopped tarragon leaves, a half teaspoon of onion juice, one teaspoon of chutney syrup, saltspoon of salt, and a quarter of a saltspoon of pepper, and bind all together with the yolk of one egg. Form into small balls and drop them into a slowly boiling soup, and boil five minutes.

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Heart of Palm Potage

This excellent dainty comes all prepared in pint and quart jars and only needs heating, and the addition of a gill of cream to the pint and two gills to the quart, before serving. The potage is expensive, so is classed among the luxuries like the following one.

Birds' Nest Soup

The birds' nests are made of a mucilaginous moss by birds who live by the sea on the coast of China. The nests are hard and dry when they are imported and cost a dollar and a half each. To prepare them they must be soaked in water for forty-eight hours, changing the water often. They then have to be gently boiled until the nests are like soft gelatine; they are then ready to add, one or a half one to each plate of clear soup. They are much the same in flavor as the spine of the sturgeon (vesigha) which comes from Russia for use, after forty-eight hours' soaking, in stews. This odd dainty sells at three dollars a pound.

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FISH

REPUTABLE fishmongers recognize but one kind, and that is "fresh fish." Remember this fact: Fresh fish properly cooked never creates illness, and is one of the most valuable and economical food products brought to our markets.

In choosing fish a proof of the freshness and goodness thereof is in the appearance and presence of the scales. It is possible for a fish to be fresh and still not good. Just before spawning the fish are supposed to be in the best edible condition. After spawning they are "out of season" and not fit for table use, no matter how fresh they may appear.

Fish out of season have a transparent bluish tinge when they are boiled, but when in season the muscles are firm and boil white and curdy. For instance, the codfish is at its best when it is plump and round at the tail, and the hollow behind the head is deep, and when the sides are undulated, as if ribbed. Another test good for cod, and other fish as well, is to press the finger into the side, and if the indent fills immediately the fish is fresh; if not, it is stale.

Salmon, mackerel, herring, and trout soon spoil after they are caught; therefore they should be eaten as soon as possible. Other fish may be kept a few hours if wrapped in a linen cloth which has been wrung out of cold water and placed on the ice.

In choosing a fish it is well to note that the gills are red, but this is not an infallible rule of freshness.

Fish is less nourishing than meat, for it is lighter in weight, size for size, and contains no osmazome. Choosing fish for the table is a fine art, and the housekeeper will find

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it greatly to her advantage to spend a few moments with her fishmonger, when he is among his wares, so that he may illustrate.

In choosing mackerel its bright appearance and rather transparent look is a good test to go by.

The artistic garnishing of fish and the art of making tempting sauces are secrets to learn in fish cookery.

If fish cookery is well studied the cook will find many so-called economical ways of using fish "left overs" that will prove delicious dishes for luncheon and breakfast; also some fish salads and entrée dishes may be concocted in this way, seasoned with the left-over sauces, so that nothing goes to waste. Lemon, parsley, either green or fried, hard-boiled eggs, cold boiled beets and carrots cut in fancy shapes, water chestnuts, watercress, cane sprouts, fried artichoke hearts, fried pineapple dice, and savory rice balls are among the favorite fish garnishes used.

In frying fish, instead of dipping it in egg, then in the fine bread crumbs, dip the fish in good olive oil, then the crumbs, and it will better retain its flavor and also fry more evenly.

To Boil Fish

Fish intended for boiling should always be put on the fire in cold water and let come slowly to a boil; otherwise the outside will break before the middle is done. The boiled fish should be removed from the water as soon as it is cooked, before it grows "woolly," and placed in a fish platter over the kettle of hot water to keep it hot until it is sent to the table. Its cooking should be timed as closely as possible to the dinner hour.

To Bake Fish

In baking fish an unwritten culinary law is to let the head remain on, and it should be basted quite as carefully during its cooking as a joint of meat. Fish intended for

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frying must be rinsed quickly in cold water, wiped dry with a soft cloth, then brushed over with egg and fine bread crumbs, frying it in hot fat or oil deep enough to just cover it; when it is done drain it on white blotting paper.

All fish should be placed on china or enamel plates, with silver or wooden forks and spoons where it is necessary. It should be removed at once from the butcher paper in which it is delivered, and wrapped immediately in fresh wax paper or clean linen cloth until it is needed. Always boil fish in an enameled fish kettle—never in tin or iron.

In choosing salmon be sure that the belly is round and firm. The steaks cut from back of the shoulders are best for broiling or frying. The next cut is better for boiling purposes. The salmon is not as good baked as some other fish, as it is apt to bake dry, and it is also too solid a fish for chowder.

Salmon are cured by splitting and rubbing with salt, then placing them in a brine in clean tubs for about six weeks. Then they are drained and packed in casks between layers of salt.

In cooking or serving salmon do not use vinegar with it, as it discolors the fish and destroys the flavor. Plain boiled salmon if served hot is usually accompanied by cream sauce, melted butter sauce with parsley and lemon, or by a cucumber sauce.

If salmon is to be served baked, to prevent it from being dry it should be basted carefully and very often with melted butter and a little white wine, which will keep it moist and add a rich flavor to it. Caper sauce is often served with baked as well as boiled salmon.

Salmon steaks are sometimes broiled over a steady fire on a well buttered gridiron, then spread with butter, pepper, and salt, and garnished with lemon and watercress. They are also rolled in egg, cracker dust, and a faint sprinkle of grated cheese, then fried in very hot fat.

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Boiled Salmon

Select a four-pound fish, or have a piece cut from the shoulders of a larger fish, rinse it in cold water, wrap it in a linen cloth, and put it in the fish kettle covered with cold water. Put into the water a bay leaf, a small sliced onion, two cloves, and a small strip of lemon peel. After the fish starts to boil let it cook evenly, but not too briskly for fear of breaking the meat, for twenty minutes. When done lift it carefully, drain, and place on a hot platter. Garnish with cold boiled egg quarters and sliced lemon with a spray of parsley drawn through each slice. Hollandaise sauce, plain drawn butter, tartare sauce, or any good fish sauce may be served with the fish.

Freshly boiled salmon also makes an excellent breakfast dish, flaked in a cream sauce with thinly sliced hard-boiled eggs; garnish with toast sippets.

Salmon à la Genevese

Place in a stewpan a lump of butter, four tablespoons of madeira wine, a quarter saltspoon of pepper, a saltspoon of salt, two chopped shalots, two bay leaves, a half saltspoon of allspice, and two slices of salmon, and stew gently a half hour. Strain off the gravy, and add to it a half pint of white stock, juice of one lemon, and one teaspoon essence of anchovies. Simmer and thicken with flour and butter rubbed to a cream. Lay the fish on a hot dish and turn part of the sauce over it, serving the rest in a tureen.

Salmon Fish Cakes

Boil two pounds of salmon until tender, bone and flake it, and add it to six mashed potatoes (hot), a level saltspoon of pepper, a level teaspoon of salt, and a heaping tablespoon of butter; work with the hands and mold into small cakes one inch thick; dust with flour and fry in hot lard to a delicate brown; garnish with cress.

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Salmon Cutlets

Have the salmon cut near the shoulders in thin steaks. Trim, wash, dip first in beaten egg, then in fine crumbs, and fry a delicate brown. Serve a tablespoon of tartare sauce on each cutlet and garnish with a spray of parsley drawn through a slice of lemon.

Salmon Soufflé

Flake enough cold boiled salmon to make two cups. Add a quarter saltspoon of pepper, a saltspoon of salt, the juice of an onion, two finely chopped cold boiled eggs, a teaspoon of chopped tarragon leaves, half a gill of melted butter, half a gill of cream, and the stiffly beaten whites of three eggs. Toss the ingredients lightly and turn into buttered ramekins. Bake until puffed up and delicately browned.

Salmon à la Carbon

Take one can of salmon, remove all bones, flake with a silver fork, and place in a mixing bowl with a saltspoon of salt, a quarter saltspoon of pepper, and a teaspoon of French mustard. Mix one tablespoon of butter and one teaspoon of flour and thicken a half cup of boiling milk. Take from the fire and add two well beaten eggs, mix all together, and fill scallop shells or ramekins with the mixture, sprinkling lightly with fine bread crumbs. Bake a delicate brown, serving in the shells with a spray of parsley on the top.

Salmon in Ramekins

A can of salmon will do very well. Remove from the can, flake, removing all skin, bone, and liquid; then place it in a mixing bowl, add a teaspoon of salt, one dessertspoon of mustard sauce, and a quarter of a saltspoon of pepper; rub one heaping tablespoon of butter and one

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heaping teaspoon of flour to a cream, and add to a half cup of hot milk at boiling point. When it slightly thickens remove from the stove, add three well beaten eggs, and mix all with the salmon; fill well buttered ramekins with the mixture and sprinkle with cracker dust, then brown lightly in moderate oven.

Deviled Salmon

Open four one-pound cans of salmon, drain, and remove the bones, then flake finely with a silver fork. Add three cups of fine bread crumbs, three tablespoons of worcestershire sauce, a cup of melted butter, pepper, salt, one cup or a little less of fresh pineapple juice, and a half cup of the grated pineapple. Mix all well together, then add the stiffly beaten whites of three eggs. Fill scalloped shells, well buttered, with the mixture and bake to a delicate brown. Serve hot or cold, garnished with sprays of fresh cress.

Baked Tile

Select a tilefish weighing from three to five pounds and have it prepared for baking in the usual way. Prepare a highly seasoned savory stuffing of crumbs, chopped celery, grated onion, a saltspoon of pepper, a half teaspoon of salt, a dusting of sweet herbs, beaten egg, melted butter, and a little tomato ketchup. Make enough of the stuffing so that a small portion may be served with each helping of the fish. Before baking lay across the openings after they are stuffed thin strips of bacon and pin them in place. Lay the fish on a well buttered rack, dust with pepper and salt, and baste frequently with a little melted butter which has a little lemon juice in it. When the fish is done slide it to the platter and garnish with slices of broiled potatoes around the edge of the dish, and thin slices of lemon with little bunches of parsley drawn through them. Strain the dish gravy from under the fish and add to it one cup of

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strained tomato juice, thicken slightly, and serve in a tureen with the fish.

Broiled Tile

Have the slices for broiling cut the same as for steaks, sprinkle them with a little salt and pepper, brush them over with olive oil, and broil over a clear fire for about seven to eight minutes, on each side. When delicately brown put on a hot platter and turn over the slices a little melted butter that has a few drops of onion juice, lemon juice, pepper and salt in it. Garnish with lemon quarters and parsley.

Tilefish Cakes

Boil two pounds of tile, drain and flake it. Have boiled and mashed ten white potatoes. Mash the fish with the potato, add two tablespoons of butter, season with a saltspoon of pepper and a teaspoon of salt, and add enough sweet cream to make the mixture light enough to shape into cakes. Fold in the whites of two stiffly beaten eggs and mold the cakes by hand into fish-ball size. Dust them with flour and fry in deep hot fat. When done drain and serve with a little slice of delicately fried bacon on top of each cake. Garnish with fresh cress.

Tile Turbot

The boiled fish, served with drawn butter in the usual way like cod, will make an excellent dinner fish, and what is left over may be utilized for a luncheon turbot the next day. For the turbot, flake the fish and put a layer in the bottom of a well buttered baking dish, next put in a layer of fine crumbs with a little chopped onion and celery, and a little of the drawn butter if there is any left. Proceed in this way until the dish is full. Dust with pepper and salt, add a teaspoon of sugar and turn in a cup of sweet

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milk, a gill of melted butter, and a half cup of sweet cream. Bake until it is a delicate brown, about half an hour usually, and serve hot.

Filet of Tile

Cut the fish in filets, dust with pepper and salt, and roll them in flour; dip them in beaten egg, then roll them in bread crumbs. Fry in deep fat a delicate brown, drain, and serve garnished with lemon and parsley. Have a sauce ready to put over them of tomato, highly seasoned and very smooth. Serve it in a hot tureen.

Tilefish Rataplan

Take three pounds of fresh boiled fish, drain and flake it while still hot. Have ready twenty-five oysters that have been sautéd in butter. Turn them over the fish and over all turn a rich cream sauce. Garnish with toast sippets and parsley, dust the top with paprika, and serve very hot. This is a very elegant fish dish for special occasions.

Escalloped Tile

Flake two cups of the cold boiled fish, add a half cup of bread crumbs, a half cup of grated cheese, a half gill of melted butter, pepper, salt, a teaspoon of chopped tarragon leaves, the juice of an onion, a tablespoon of worcestershire sauce, and the beaten white of one egg. Fill well buttered ramekins with the mixture and bake until the fish is a delicate brown.

Broiled Shad

Select a fresh medium-sized shad and have it carefully scaled and split. If it is thick enough an expert fishman can remove the backbone, which is a decided advantage. Rinse and dry the fish, then place it on a platter and cover it with the following warm mixture and let it stand twenty

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minutes: Juice of one onion, juice of half a lemon, a saltspoon of pepper, a half teaspoon of salt, a gill of melted butter, three cloves, a teaspoon of worcestershire sauce, and a quarter gill of white wine. Butter the gridiron well, drain the fish, and lay it skin down on the broiler; broil over a steady fire. Turn it only long enough to brown slightly, then slip it onto a hot platter and dust with pepper and salt and butter well; strain and heat the sauce in which the fish marinated and add to it a teaspoon of fennel seed. Serve in a small tureen. Garnish with broiled potatoes, parsley, and lemon quarters.

Baked Shad, Vegetable Stuffing

Prepare one good-sized shad for baking, leaving the head on. Take one pint of vegetable macédoine, boil three minutes, then mash through a sieve; add one beaten egg, a half teaspoon of salt, a saltspoon of pepper, juice of an onion, three tablespoons of melted butter, three of cream, and a tablespoon of chutney syrup. Beat well together and add enough fine bread crumbs to hold it together; fill the fish not too full, then sew it up and use the rest of the stuffing in the head. Lay the fish on a well buttered rack, basting with a little melted butter, salt, pepper, lemon juice, and a tablespoon of madeira wine. When done lay on a bed of fresh cress on a hot platter and garnish it with hard-boiled egg rings and capers. Strain the gravy from the dripping pan and add it to a good cream sauce. Stir in thoroughly, but do not let it boil.

Planked Shad

(Recipe for the planking of any fish)

Prepare the shad in the usual way for planking, have the plank ready heated, and fasten the fish, skin side down, using glass thumbtacks to hold it in place. The fish must be often tested with a fork to see if it is light and

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flaky. When done, butter freely, sprinkle with pepper and salt, garnish the edge with mashed potato put through the pastry bag, parsley, and lemon quarters. Deviled eggs are also used as decorative garnish.

Shad Cakes

To two cups of flaked boiled shad add two cups of mashed potato, a tablespoon of butter, a level saltspoon of pepper, a half teaspoon of salt, one beaten egg, and enough sweet cream so that the mass can be molded by hand into cakes of the usual fish-cake size. Fry a delicate brown in hot fat, and serve on a hot platter with a broiled slice of bacon on top of each cake, and garnish with a little fresh cress.

Creamed Shad with Asparagus

Free from bone two cups of cold boiled or broiled shad, make a rich cream sauce not too heavy, dice into it one cold boiled egg and the fish. Take the tender stalks of freshly boiled asparagus cut in small pieces and add to the mixture. Have ready slices of toast arranged upon the platter, turn the fish over them, and garnish with sprays of fried parsley and the yolk of a hard-boiled egg, that has been put through the ricer, sprinkled over the top.

Escalloped Shad

To the meat of one boiled lobster cut very fine add two cups of boned cold boiled shad. Butter a deep baking dish, place a layer of the fish and lobster in the bottom, then a layer of bread crumbs, dot with butter, sprinkle with pepper and salt, then another layer of the shad and lobster, then the crumbs, butter, pepper, and salt, and so on until the dish is filled. Beat one egg in one cup of milk, turn into the mixture, add a gill of cream, dust the top with pepper and salt and two tablespoons of grated English cheese. Bake, and when done serve in the dish in which it was cooked, placed in a silver container or wrapped in a napkin.

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Shad Peppers

One cup of cold boiled flaked shad, one cup of crab meat, small grated onion, half a cup of chopped celery, gill of melted butter, gill of cream, a saltspoon of salt, a half saltspoon of pepper, and tablespoon of grated cheese. Fill half green pepper shells with the mixture, place in well buttered baking dish, and bake a delicate brown. Serve as an entrée for dinner.

Shad Creole

Boil one medium-sized shad. When done skin, bone, and flake; then add two eggs beaten in one cup of milk, three quarters of a cup of bread crumbs, a saltspoon of pepper and a half teaspoon of salt, juice of an onion, gill of melted butter, gill of cream; slice thin two medium-sized cucumbers, plunge them into boiling water for ten minutes, drain, slightly cool, add to the fish mixture; butter ramekins, fill them with the mixture, dust the top of each with a little grated English cheese, and bake. Garnish with a slice of lemon through which a spray of parsley is drawn. Use as an entrée or for the fish course.

Savory Shad Roe

Wash and parboil one shad roe, putting it on in cold water and letting it slowly come to a boil, then let it boil until it is done (fifteen to twenty minutes), but not broken to pieces. Drain and cool. Slice one cucumber thin, plunge into boiling water and let stand for ten minutes, drain, and while it is cooling make a very small quantity of cream sauce, put in the cucumber, add a saltspoon of pepper and half a teaspoon of salt, one grated onion, one teaspoon of fennel seed, teaspoon of worcestershire sauce, two tablespoons of sherry. Now, with a very sharp knife, split the roe and put in the filling, using all of the solid portion. Have a small, well buttered baking dish with a cover that

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fits, and place the roe in it; turn the rest of the sauce over the roe, sprinkle with a few bread crumbs, dust with pepper and salt, and cover in the oven until all is thoroughly hot, cook ten or fifteen minutes, take off cover and brown. With great care place it on the platter without breaking and garnish with a little fresh cress and olive rings.

Belgian Stuffed Shad

Carefully split a thick shad and remove the backbone. Make a savory stuffing of a cup of bread crumbs, one cold boiled egg, chopped, one minced onion, one minced red pepper, a teaspoon of chopped parsley, a half gill of melted butter, and a teaspoon of chopped savory herbs. Add one beaten egg; mix the stuffing well; spread the lower half of the shad; place the upper half over it; dust it with pepper and salt; turn over two cups of strained tomato juice, and bake, basting often. When the shad is done remove it to a hot platter; add a cup of savory stock to the dish gravy, thicken slightly with a little butter and flour mixed to a cream, and strain it over the shad.

Baked Red Snapper

Have a five-pound red snapper cut and fixed for stuffing, leaving the head on. Wash the fish carefully, dust with pepper and salt, and place it in a well buttered baking pan on a few slices of pickled pork cut very thin. Make a savory stuffing of half a cup of shredded cold boiled lobster, —the rest of the lobster may be used for salad,—one cup of bread crumbs, half saltspoon of pepper, a half teaspoon of salt, a teaspoon of powdered savory herbs, a half teaspoon of hot Southern sauce, one beaten egg, two tablespoons of fresh grated pineapple, and half a cup of melted butter. Mix well and stuff the fish, leaving room for the stuffing to swell and placing what is left over in the head. Place a cup of water in the baking pan, cover the fish for fifteen minutes, and then baste with melted butter to which has

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been added the juice of a lemon, a little white wine, and a tablespoon of fennel seed. Baste often until the fish is done, which will be about forty minutes, remove carefully to the serving platter on which has been arranged a bed of cress, and garnish the edge of the platter with stuffed baked peppers and toast sippets. Place on the fish the white rings of hard-boiled eggs; make a rich cream sauce, not too thick, straining into it the dish gravy from the baking pan and coloring it a delicate green with Breton vegetable coloring.

Planked Red Snapper

For planking a small snapper must be chosen one not weighing more than three pounds. Prepare it in the usual way, adding to the melted butter which is turned over it two tablespoons of madeira wine in which a small spice bag has stood for an hour, a saltspoon each of salt and pepper, a half teaspoon of sugar, and a tablespoon of pine-apple juice. Before serving garnish the edge of the plank with mashed potato roses done with a pastry bag and fresh green peas that have been steamed in their pods.

Snapper à la Carbon

Flake a pound and a half of cold boiled red snapper, and to it add one cup of fresh boiled and shredded shrimps, three quarters of a cup of finely minced bread crumbs, the juice of one onion, a dusting of pepper and salt, half a cup of melted butter, and a cup of cream. Mix lightly and fill buttered ramekins with the mixture, grating a little old English cheese over the top of each ramekin. Bake to a delicate brown in a medium oven and serve with hot finger rolls on the side. Garnish with a spray of watercress.

Snapper Chops

Flake a pound and a half of boiled red snapper, add to it one cup of flaked crab meat, three quarters of a cup of

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bread crumbs, one grated onion, two tablespoons of melted butter, a saltspoon of pepper, a half teaspoon of salt, three drops of tabasco sauce, two beaten eggs, a gill of cream, and two tablespoons of tomato ketchup. Mix all thoroughly and shape into chops. If the mixture should be too moist add a few more dry bread crumbs. Roll the chops in beaten egg, then in fine crumbs, and fry them in hot fat. When done drain carefully and stick in each a pastry stick three inches long to represent the bone. Pile on a platter garnished with fried parsley, slices of broiled potatoes, and lemon cut in quarters.

Snapper à la Newburg

Flake one pound and a half of cold boiled red snapper, drain and dry one pint of oysters, add them to the fish, add a saltspoon of pepper, a heaping saltspoon of salt, four thinly sliced truffles, a teaspoon of onion juice, one anchovy, and six pitted and thinly sliced olives. Make the Newburg sauce in the usual way, add the other ingredients, mix thoroughly, and allow them to boil up for two minutes in the chafing dish, when it will be ready to serve.

Codfish Broiled and in Balls

Salt codfish comes to market in several forms, but the big whole fish is by far the best to buy. It makes the best fish balls, and when a portion is soaked over night and delicately broiled it makes a most inviting breakfast dish. The fish comes also cut in square pieces and packed in boxes, and is less trouble in this form than the big fish, but it has not quite as good flavor. That which is desiccated is usually flat and tasteless. The whole fish will cost fifty or sixty cents and will yield one breakfast broil and two breakfasts of fish cakes. These are made by adding six or eight mashed potatoes to the fish, with a heaping tablespoon of butter, a gill of cream, and one egg. The fish should be soaked over night, then scalded and simmered

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gently until tender, but not allowed to boil, then flaked, freed from skin and bones, and mashed, when it is ready for the potato and seasoning.

Curried Codfish

For the curried codfish for two persons take two large slices; for four persons, increase in proportion; flake them and fry in three ounces of butter and one grated onion. Then put in a stewpan with a teacup of white stock, thicken slightly with butter and flour creamed together, stir in a quarter of a pint of cream, season to taste, and let it boil up once and serve. To the stock in which the cod is stewed add a small spoonful of curry powder and let it simmer for an hour the day before serving, thus very much improving the flavor. Garnish with broiled potatoes and fried parsley, and turn onto slices of toast.

Codfish Pie

Line a baking dish with good puff paste. Boil two and a half pounds of fresh cod, and when cold strip from the bones, flake fine, add a half saltspoon of pepper, a saltspoon of salt, two minced onions, a few fine bread crumbs, one cup of milk in which two eggs have been beaten, and plenty of butter. Fill the pie with the mixture. Cut the crust into strips and lattice the top and bake a delicate brown. Serve hot.

Codfish Pie

Free from bone, skin, and flake enough cold boiled codfish to make two cupfuls. Add to it one dozen raw oysters, or one dozen little round clams that have been steamed; one gill of melted butter, one gill of sweet cream, a half saltspoon of pepper, a saltspoon of salt, the juice of an onion, and one beaten egg. Have ready a small pie plate lined with crust, pour the mixture in, and spread over the top a layer of

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mashed potato; then put on the top crust and bake. This pie is best hot, but may also be eaten cold.

Codfish au Gratin

Take two pounds of fresh boiled codfish, flake it after freeing it from skin and bone, add a cup of bread crumbs, the juice of an onion and a tablespoon of chopped chives, half saltspoon of pepper and half teaspoon of salt, a gill of melted butter, one egg beaten in a small cup of sweet milk, three tablespoons of grated cheese, and a gill of cream. Put in well buttered baking shells and bake a delicate brown. Serve hot finger rolls with the fish and garnish with a spray of cress and a radish rose.

Cod Peppers

Lightly flake a small quantity of boiled codfish, add eight shrimp broken in small pieces, saltspoon of pepper half teaspoon of salt, juice of an onion, juice of half a lemon, a generous amount of butter; fill half pepper shells, grate a little cheese on the surface, and bake in a moderate oven until a delicate brown.

Cod Croquettes

To two cups of cold boiled codfish finely flaked add a cup of fine bread crumbs, one egg, seasoning, a lump of butter, and a gill of cream. Form into croquettes, roll in egg and fine crumbs, to which has been added a slight grating of cheese; fry to a delicate brown in butter, drain, and serve on a doily, garnished with cress and lemon quarters. Serve the shrimp sauce in a silver sauce-boat. Melt enough butter to make one third of a pint, shell and shred half a can of Barataria shrimp, add cayenne pepper, a teaspoon of finely chopped parsley, half a teaspoon of onion juice, and half a teaspoon of mustard sauce, and serve hot.

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Creamed Codfish on Toast

Bone and flake two pounds of cold boiled codfish. Make a good cream sauce, slice two hard-boiled eggs through it, add the fish, and serve on slices of toast arranged on a hot platter. Garnish with sprays of fresh cress and toast sippets.

Creamed Codfish Tongues

Parboil as many tongues as are needed to allow one to a portion. When done, remove root and skin and have ready a French cream sauce made in the following way: Put in a saucepan half a cup of butter, and when melted add the juice of a lemon, add as much bicarbonate of soda as would cover a ten-cent piece, and then add a large cup of rich milk that has had a dessertspoon of cornstarch dissolved in it. Stir until it is smooth, then add pepper, salt, and the tongues. When all is hot, serve.

Pineapple Cod en Casserole

Take two pounds of cod steak and boil the usual way; when done, drain, bone, and flake. Place in a well buttered casserole, dust with pepper and salt, and turn over it a gill of melted butter, the juice of one onion, and a tablespoon of chutney syrup. Boil hard two eggs and slice them thinly over the fish, then add one cup of freshly grated pineapple, two tablespoons of grated bread crumbs, and last of all one cup of carefully made brown sauce. If desired, a dozen tiny potato balls, fashioned with the cutter, may be added.

Polish Filled Fish

Take a five-pound cod, tile, or any other fish liked, and after it is scaled and cleaned split it down the back and remove carefully the backbone. Have ready a highly seasoned filling and stuff the fish, not too full; then sew up

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the back and sew up the apron, filling the head with the remainder of the stuffing. Turn a little olive oil over the fish, dust it with pepper and salt, and bake it, basting it with a little melted butter in which the juice of half a lemon and an onion have been squeezed and a few fennel seeds added. Serve garnished with slices of broiled potato and parsley.

Codfish Turbot

Flake, skin, and bone two pounds of boiled codfish. Place a layer of the fish in a well buttered pudding dish, then a layer of fine dry crumbs, a little finely minced onion, a dusting of pepper and salt. Repeat the layers until the dish is full, then add a cup of cream, a gill of melted butter, and a cup of sweet milk. Bake in a medium oven forty minutes or more until it is a good brown.

Cod in Ramekins

Take two pounds of cold boiled codfish, freed from all skin and bone and flaked; add to it one green pepper, one little piece of green celery, or leaves, twelve olives, stoned, all chopped fine; add also one cup of dry bread crumbs, the juice of an onion, a gill of melted butter and one of cream, and one beaten egg, a saltspoon each of pepper and salt, and a teaspoon of sugar; mix thoroughly together and fill buttered ramekins with the mixture. Bake and serve garnished with a spray of parsley.

Escalloped Codfish

Boil, bone, and flake two pounds of fresh codfish. Add a cup of bread crumbs, one finely grated onion, butter, pepper and salt, and a half cup of cream. Fill buttered ramekins with the mixture, bake a delicate brown; garnish with a spray of watercress and lay a finger roll beside the ramekin.

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Mock Scallops

From good-sized codfish steaks one inch thick cut small rounds the size of scallops. Dip them in egg, then in fine crumbs, and fry in deep hot fat a delicate brown. Drain on blotting paper and serve garnished with cress and sliced lemon. Serve in the sauce-boat a smooth, highly seasoned tomato sauce.

Jellied Cod

Take two pounds of cold boiled codfish, skin, bone, and flake it with a silver fork. Take one small can of tomatoes, add to it one finely chopped onion, chopped stalk of celery, tablespoon of worcestershire sauce, a saltspoon of pepper, and a half teaspoon of salt, and let the mixture simmer for twenty minutes, then add a teaspoon of sugar and a pinch of bicarbonate of soda; set back from the fire and add a heaping tablespoon of gelatine powder, which has been dissolved in a little cold water. When all is thoroughly melted, strain carefully into the fish; when slightly cool add one tablespoon of mayonnaise sauce, one cup of whipped cream, and turn into small cold molds that have been lined with a coating of aspic jelly, then set away to chill. When turned out onto the service plates garnish each with sprays of parsley and chopped aspic.

Flounder à l'Italienne

Select a large thick flounder and have it fileted. Dust the filets with salt and pepper; then dip them into an egg which has been beaten with a tablespoon of hot melted butter and fry them in deep hot fat. Have ready a sauce, made by rubbing together two level tablespoons each of butter and flour; to this cream, add a half pint of boiling water and stir until the sauce boils. Add a teaspoon of onion juice, a teaspoon of kitchen bouquet, a half saltspoon of cayenne pepper, a half teaspoon of salt, and two tablespoons of finely chopped button mushrooms. Allow it to boil for

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three minutes after the mushrooms have been added, stirring carefully. When done, turn the sauce into a hot dish and arrange the filets in it, garnishing the platter with small potato croquettes.

Filet of Sole

Filet the sole in the usual way, roll and pin the filets each with a wooden pick, dip in egg and fine crumbs, fry in hot lard, placing in frying basket, and drain carefully. Serve garnished with lemon and parsley and place the sauce in a small sauce-boat.

Filet of Sole, Grape Sauce

Prepare the filet of sole in the usual way, frying it a delicate brown, then garnishing it with parsley and lemon quarters. Grape sauce, which should be served hot in a small tureen, is made by taking two pounds of ripe Isabella grapes and squeezing them in the jelly bag, cold; put the juice in a saucepan and add a half cup of sugar, a half saltspoon of red pepper, a little spice bag and a half lemon thinly sliced with the seeds removed. Boil gently for ten minutes; if it is then not thick enough, boil down for five minutes more, then strain into the tureen and serve. The sauce should be about the consistency of strained honey.

Flounder à la Turque

Skin, trim, wash, and dry one large flounder. On one side make a cut down the center from near head to near tail and raise the flesh from the bones. Make a stuffing with two tablespoons of butter, two teaspoons of worcestershire sauce, one teaspoon of chopped parsley, three tablespoons of bread crumbs, saltspoon of salt, half saltspoon of pepper, half a teaspoon of powdered herbs, grated rind and juice of half a lemon, half a beaten egg, and half a cup of picked shrimps. Mix thoroughly and insert under the filets of flounder, leaving the center open. Brush the flounder

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over with the remainder of the egg, sprinkle it with brown bread crumbs, and bake for thirty minutes on a well buttered tin. Serve tartare sauce with this fish.

Filet of Sole in Cases

Put one teacup of finely chopped mushrooms into a frying pan, with two tablespoons of shalots and one tablespoon of parsley, also chopped fine; add a lump of butter and season with a saltspoon each of pepper and salt. Toss the ingredients over the fire until they are cooked, then set aside to cool. When cold, take the filets, mask one side of them with the above mixture, and roll them up, securing them with a piece of thread; then place them between two hot buttered plates and bake them. While they are baking, prepare a little white cream sauce. When done, put each filet into a small paper case, put a small broiled mushroom on top of each, then fill up the cases with the hot sauce, and serve.

Stuffed or Rolled Flounder

Have the flounders split and boned, and the heads and tails cut off. Prepare a stuffing with one cup of bread crumbs, one cup of cold boiled lobster cut very fine, one beaten egg, three tablespoons of melted butter, two tablespoons of tomato ketchup, seasoning, and a little cream to hold it together. Spread on the fish, and roll and tie with kitchen binder. Dust with a little pepper, salt, and flour; place the fish in a well buttered baking dish, basting every few minutes with melted butter, and when done serve hot, garnished with parsley, broiled potatoes, and lemon quarters. Serve a hot smooth tomato dressing in the tureen.

Baked Halibut

Have a halibut steak cut one and a half inches thick, wash and dry it carefully. Have a small roasting pan well buttered and sprinkled with finely minced onion, pepper

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and salt, and lay in the fish. Sprinkle with the onion, a dusting of pepper and salt, a teaspoon of lemon juice, a gill of good stock, and the beaten yolk of an egg. Put generous lumps of butter over it and bake thirty minutes. Serve with a rich tomato dressing. If liked, just before it is done a little bit of grated cheese may be sprinkled over the top. Garnish with parsley and hard-boiled egg rings and serve hot.

Halibut au Gratin

Take a pound and a half of cold boiled halibut, free from skin and bone, and flake. Add one small grated onion, a teaspoon of chopped parsley, a gill of melted butter, a half saltspoon of pepper, a saltspoon of salt, a tablespoon of worcestershire sauce, one beaten egg, and two tablespoons of grated cheese. Mix all thoroughly with the fish and add three quarters of a cup of light cream or rich milk. Fill well buttered ramekins with the mixture, dusting a little of the cheese over the top of each, and bake. Garnish with a spray of watercress and dry toast fingers.

Halibut Turbot

Boil three pounds of halibut, remove skin and bone, and flake it carefully. Boil in a little water a bunch of parsley, one large onion, and a stalk of finely chopped celery, to extract their flavor; strain and thicken with two tablespoons of flour, creamed with half a cup of soft butter, adding slowly to it a pint of hot cream. Mix lightly with the fish and fill well buttered ramekins with the mixture, sprinkling a few bread crumbs over the top, with pepper, salt, and little bits of butter. Bake a delicate brown and garnish with cress.

Deviled Halibut

Boil two and a half pounds of halibut, then free it from skin, bone, and flake it. Have ready chopped fine one large

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onion, six Spanish peppers (those canned in oil), eight olives, and a stalk of celery. Add a cup of fine crumbs and add the mixture to the fish, with two tablespoons of chutney syrup, a tablespoon of worcestershire sauce, a cup of tart apple sauce, a gill of melted butter, and the whites of two eggs stiffly beaten. Put into well buttered baking shells or ramekins and bake from twenty to forty minutes, covering them the first fifteen.

Pineapple Halibut

Prepare and broil sufficient halibut steak for the number to be served. Have ready a rich English brown sauce which has had added to it after it has been strained and thickened, a cup of fresh grated pineapple. Serve the fish on a hot platter, turn the sauce over it, and garnish with rice croquettes and fresh cress.

Halibut Macaroni

Flake two pounds of fresh boiled or cold left-over fish, removing all skin and bones. Boil one half pound of macaroni in salt water until tender, then cut it in small pieces. Mix the fish, macaroni, and three ounces of grated cheese, and put into ramekin dishes lined with thinly rolled puff paste. Put grated cheese and butter on top, brown in the oven and serve very hot.

Baked Bluefish

Have the bluefish cleaned and washed, leaving the head on for baking, which may be filled with dressing. Make any good, savory stuffing, and when filled sew up the fish and, after placing in a well buttered baking pan, brush over the surface with a little thin sugar syrup so that a thin sprinkling of bread crumbs will adhere to it; add a dusting of pepper and salt, and while baking baste with white wine in

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which there is a little melted butter, juice of half a lemon, two cloves, and one small bayleaf.

Blue fish is in season from early spring to late fall.

Broiled Bluefish

This recipe will answer for the broiling of all kinds of fish, large or small.

Scale and rinse the fish before splitting it down the belly. Dust it with pepper and salt, brush the flesh side of the fish with butter; grease the gridiron (or broiler) with a greased cloth or bit of suet, and lay the fish upon it. If the fish is broiled under gas place the flesh side up; if broiled over coals place the flesh side down, turning to broil the skin side last. It will take from twenty to thirty minutes to broil the fish properly over coals; perhaps a little longer under gas.

Fried Smelts

Select fresh, green smelts and after rinsing them, make a slight opening at the gills with a sharp knife or pair of scissors, then draw the smelt through the thumb and fingers to remove the intestines; wash, dry, dust with a little pepper and salt, and roll in very fine, dry bread crumbs, after dipping them in egg. Place in a wire frying basket, fry a delicate brown in deep fat; when done, remove, drain, serve in a napkin, and garnish with lemon quarters and cress. Serve tartare sauce in the sauce-boat. In season from fall to early spring.

Fried Eels

To prepare eels for frying or stewing skin them, clean, and cut off the heads, then cut them into pieces two inches long. If they are to be fried dip them in egg and then in fine crumbs, fry in deep fat until a delicate brown, serve garnished with fresh cress. If they are to be stewed cover the pieces with boiling water to which is added the juice of a

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lemon and the juice of an onion; simmer ten minutes. Melt a tablespoon of butter in a saucepan and mix with it two tablespoons of flour; when smooth add slowly a cup of the water in which the eels have been boiling, then stir the gravy in with the eels. Cover and stew for twenty-five minutes. Season to taste and serve turned over slices of toast, garnished with parsley. In season from spring to fall. Smoked eels broiled or baked are a favorite Southern breakfast dish.

Creamed Mackerel

Soak the salt mackerel for twelve hours, changing the water four times. Then lay it in a shallow stewpan, cover with milk, and simmer for twenty minutes. Remove the fish carefully and place it on a hot dish; thicken the milk with butter and flour rubbed to a cream, add a quarter saltspoon of salt, a teaspoon of chopped tarragon leaves, and turn the sauce over the mackerel. In season in winter.

Broiled Mackerel Southern Style

Soak the salt mackerel for forty-eight hours, changing the water three times. Wipe the fish dry, lay it on a greased gridiron and broil. When it is done smear it with butter, add a slight sprinkling of pepper; dish on a hot plate and garnish with lemon quarters and cress.

Fresh mackerel may be served broiled, baked, or in any of the ways in which halibut is served. In season from early spring to fall.

Pan Fish

All small fish may be purchased from the fish monger who will clean and prepare them for frying. Each season gives enough variety of these small fish to make them a standard breakfast dish. They may also be stewed; see perch recipe.

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Baked Finnan Haddie

Select a short, thick finnan haddie, soak in cold water for ten minutes, dry with a soft cloth, lay in a buttered baking pan, spread generously with butter on the flesh side, dust very sparingly with pepper, and pour over a small cup of cream. Bake until tender (about half an hour), remove carefully, and serve.

Finnan Haddie à la King

Boil the fish until it is done, about twenty minutes, then flake it free from skin and bone with a silver fork. Put into the chafing dish a large tablespoon of butter with six button mushrooms halved, a chopped red pepper, and a teaspoon of chopped chives; when these have sautéd for five minutes add the fish, then a gill of cream in which a yolk of an egg has been stirred, and a half gill of sherry. Blend well together and serve on toast slices, garnished with egg rings and olive curls.

Pineapple Pike

Skin, bone, and filet a good sized pike; dust with pepper and salt, and dip in a little salt pork fat that has been fried out from two slices of salt pork, and in which the juice of an onion has been squeezed. Drain off and broil the fish until it is a delicate brown. Have ready a brown sauce made of a half pound of diced top round steak and a half pound of lean pork; put on to boil in a pint of water. When cooked down, strain and add a cup of finely chopped fresh pineapple, six water chestnuts cut fine, and a tablespoon of cut bamboo sprouts. Let all simmer gently, then thicken with a little browned flour. Turn over the fish and garnish with spoonfuls of crisply fried Chinese egg noodles.

Fried Frogs' Legs

Select as many frogs' legs as are needed to allow a pair to a portion, two pair if the legs are small. Blanche them for

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five minutes in boiling water, drain, wipe dry, dust with flour, and fry in a frying basket plunged into hot fat. Serve piled in a napkin, with tartare sauce in the sauce-boat. In season in early spring, summer, and fall.

Creamed Frogs' Legs

Blanche the frogs' legs the same as for frying, then parboil them gently for ten minutes. Make and have ready a good cream sauce, not too thick, but well seasoned; drain the legs and put them into the sauce; add a teaspoon of chopped tarragon leaves, and serve the frogs' legs in a hollowed loaf of bread garnished with parsley and lemon quarters. The same number of frogs are used in this recipe as in the preceding one, allowing a pair to a portion.

Fish Forcemeat

Put through the meat chopper about two pounds of raw haddock, or fresh codfish, then put it into a bowl and rub with the potato mashed until very smooth. Add a half teaspoon of salt, a half cup of cream, two tablespoons of melted butter, a saltspoon of pepper, a slight grating of nutmeg, a teaspoon of chopped tarragon leaves, a grated onion, and one beaten egg. Add, also, one tablespoon of cornstarch which may be moistened with a little of the cream. Turn all the ingredients, after they are mixed, into a well buttered pudding mold and bake a half hour. Serve hot, with a good smooth tomato sauce, drawn butter, or any other sauce liked.

Pompano Stuffed with Lobster

Select a fresh pompano, remove the head and tail. Split as for broiling and remove the bone. Boil a lobster weighing about a pound and a half. Remove meat and save all of the coral. Put the meat through a meat chopper, mix it with a small cup of cream sauce. Season with a teaspoon of salt and a saltspoon of paprika. Lastly, stir in a table-

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spoon of sherry, and mix thoroughly. Lay the split pompano skin side down, and spread thickly with the lobster forcemeat. Garnish the fish with truffles cut in fancy shapes and hard-boiled eggs, whites and yolks chopped separately, and the coral of the lobster cut in strips. Pour a little salted water in the pan, cover the fish with buttered paper, and steam in hot oven for half an hour. When done place on a hot dish on a bed of shredded lettuce. Put a few shrimps around the bed on the lettuce, and cover with shrimp sauce.

Pompano is in season from mid-winter to early summer.

Weakfish Pudding

Boil a three-pound weakfish for twenty minutes. When done skin, bone, and flake the fish. Add to the flaked meat three quarters of a cup of dry bread crumbs, one large grated onion, a tablespoon of chutney syrup, a saltspoon of pepper, a teaspoon of salt, two beaten eggs, a gill of melted butter; put the mixture into a buttered pudding mold, cover, set in boiling water, and boil an hour and a half, being sure that no water boils into the mold. Unmold the pudding on a hot platter and have ready a pint of rich drawn butter to turn over it. In season all summer.

Bombay (Weakfish) Toast

Take a cup and a half of left-over boiled or baked weakfish and flake it. Moisten it with a smooth, plain tomato sauce, or a drawn butter sauce, or a brown gravy. Heat it hot and turn over toast slices. This makes a nice breakfast or luncheon dish.

Tuna Fish Pasties

Take one can of tuna fish, drain and flake it, then add one small grated onion, a half cup of chopped celery, and one finely chopped green pepper. Turn over the fish one

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cup of cream sauce and mix all well together. Line large ramekins with good pastry and fill them with the mixture, adding a teaspoon of melted butter to each, and put a lattice of the crust over the top. Bake until the pastry is done and set away to cool.

Tuna Fish Croquettes

Take one small can of tuna fish, drain and flake it with a silver fork; add one very finely minced onion, three quarters of a cup of fine dried bread crumbs, saltspoon of pepper, half teaspoon of salt, one beaten egg, teaspoon of worcestershire sauce, small teaspoon of sugar, and a tablespoon of melted butter. Mix well and form the mixture into small croquettes. Dip each in egg and fine crumbs and fry in hot fat a delicate brown. Drain and serve on a hot platter garnished with parsley and peas carefully drained.

Escalloped Tuna Fish

Take a small can of tuna fish, drain and flake. Add a half cup of celery, six olives, one pepper, and two sprays of watercress, all finely chopped. A half cup of bread crumbs, a gill of melted butter, a half saltspoon of pepper, a half teaspoon of salt, juice of an onion, a tablespoon of chutney syrup, and two beaten eggs. Fill well buttered ramekins with the mixture and sprinkle a little grated cheese over the top and bake.

Tuna Loaf

Beat one egg until light and add one cup of bread crumbs, one cup of flaked Tuna, one cup of sweet milk, a saltspoon of salt, a half saltspoon of pepper, teaspoon of lemon juice, and a half teaspoon of onion juice. Mix well, press the mixture into a buttered loaf pan and bake twenty-five minutes. Garnish with hard-boiled eggs and serve with drawn butter.

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Make the drawn butter by melting one fourth cup of butter and adding one tablespoon of flour. Add gradually one cup of hot water, salt and pepper, and one tablespoon of lemon juice, and bring to a boil.

Tuna Baked in Peppers

Remove the seeds and ribs from six sweet green peppers, and soak them in cold, salted water. Beat four eggs and add two cups of flaked Tuna, one cup of bread crumbs, one cup of sweet milk, level teaspoon of salt, half saltspoon of pepper, and a half teaspoon of lemon juice. Pack the Tuna mixture into the pepper shells and sprinkle with bread crumbs and dot with butter. Bake until the peppers are done and the crumbs nicely browned. If the peppers are quite large, they may be cut in halves lengthwise and filled with the mixture. Serve hot.

Spanish Mackerel

Spanish mackerel, though its season is short, is a very popular fish; it is delicious broiled, it is good baked if plenty of butter is used with it, and is acceptable boiled. In season in spring.

Bass, deep-sea trout, ling, carp, haddock, and kingfish are all acceptable in their seasons, and are cooked after the recipes given for boiling, broiling, and baking.

Stewed Perch

Clean and prepare the perch in the usual way, then lay them in a stewpan with a pint of stock and half a pint of sherry, a bud of garlic, bay leaf, some sweet herbs, two cloves, a saltspoon of salt, and a half saltspoon of pepper. Stew until done; then take out the fish, strain and thicken the gravy, adding a dash of nutmeg and a teaspoon of anchovy sauce. Turn over the fish and serve.

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WAYS OF SERVING COLD FISH

Tuna Fish Mignon

Drain one medium-sized can of tuna fish and flake it with a silver fork. Add to it a gill of melted butter, half saltspoon of pepper, saltspoon of salt, a tablespoon of chutney syrup, a tablespoon of chopped parsley, a gill of cream, and three tablespoons of bread crumbs that have been fried in butter and carefully drained. Chop and add two cold boiled eggs and the stiffly beaten white of one egg; mix all together and fill well buttered ramekins with the mixture, grating a little English cheese over the top of each. Bake a delicate brown. These may be served hot or cold; garnish each with a slice of delicately toasted bacon.

Curried Bluefish

Boil a three-pound bluefish. When done and cold free it from all skin and bone and flake it. Have ready a cup and a half of rich tomato curry made of one can of tomatoes, a bay leaf, a tablespoon of butter, a saltspoon each of pepper and salt, sliced onion, stalk of celery, and a little finely chopped ham, adding a half teaspoon of curry powder. After it has cooked half an hour, strain, thicken slightly, and add the fish, with one cup of fine, dry bread crumbs, a little chopped parsley, and six chopped truffles. Fill buttered ramekins with the mixture, dust the top of each with a little grated English cheese, and bake. When done set aside to cool, but do not chill.

Molded Snapper

Flake two pounds of cold boiled red snapper and add a cup of bread crumbs, a saltspoon each of pepper and salt, half a cup of melted butter, one beaten egg in a gill of cream, and three tablespoons of grated cheese. Mix the ingredients thoroughly, adding a half teaspoon of hot Southern sauce.

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Put the mixture in a well buttered baking mold, bake to a delicate brown, and when cool set it in the icebox to chill. Turn on to a platter and garnish the edge of the mold with watercress and as many bunches containing three or four stalks of cold boiled asparagus caught with green pepper rings as there are portions to be served, the asparagus having been allowed to marinate in French dressing for twenty minutes. Serve mayonnaise over each portion of the mold, laying the bunch of asparagus at one side of the plate.

Salmon Vernon

Boil and cool fresh salmon filets, place on lettuce leaves, and put in a cool place. Take fresh, crisp cucumbers, pare them and with a thin knife, after cutting them in half, cut them around thinly as if paring an apple, until freed from the seeds, then roll tightly and slice down very thin, mixing the thin rings up lightly like noodles; cover them thickly with salt and let them stand thus for twenty minutes. Rinse off the salt, dry them in a soft cloth, and sprinkle them over the filets. Garnish each dish with a little strip of red pepper and serve with tartare sauce.

Tile in Cucumber Jelly

Take two pounds of freshly boiled tile, drain and flake it. When cold place it in a wet jelly mold, first a layer of the fish, then a thin layer of vegetable macédoine, continuing in this manner until the mold is three quarters full. Next take a heaping tablespoon and a half of powdered gelatine, a half cup of water, four tablespoons of vinegar, a half teaspoon of salt, a teaspoon of onion juice, and four good-sized cucumbers that have been grated. Stir all over a gentle heat until thoroughly mixed. If the mixture is a little thick, add a little French dressing, use a few drops of green vegetable coloring, and turn all into the mold over the fish and set away to chill and harden. When ready for

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use turn the molded fish out on green lettuce leaves and heap with mayonnaise.

Snapper in Aspic

Prepare and boil a three-pound red snapper. Carefully drain it and when cool lay it in a mold which has been wet in cold water and garnish with slices of cold hard-boiled egg and half cucumbers hollowed and filled with caviar and laid around the edge of the mold with little heaps of cold boiled shrimps between them. Turn over all a good aspic jelly colored a delicate green with Breton coloring. When thoroughly set and chilled and ready to serve place a baking sheet over the mold, turn the aspic on it, have the platter ready and turn the jellied fish back on it. Garnish with sprays of cress drawn through thin slices of lemon. In serving put a tablespoon of mayonnaise on each portion.

Pickled Salmon

Boil three pounds of salmon and when cold lay it in a crock with a half ounce of whole spice, a teaspoon of salt, a saltspoon of cayenne pepper, two bay leaves, a cup of vinegar, and a cup of the water the fish was boiled in. Let stand twelve hours; then it is ready for use.

Molded Shad

Choose a fine shad with roe. Clean the fish thoroughly, then draw together, fastening the body and the head with a linen thread. Place at the bottom of a fish kettle two carrots diced, four cloves, two thinly sliced onions, a bud of garlic, two bay leaves, a teaspoon of salt, a saltspoon of pepper; then lay the shad on top and cover with a quart of claret. Put in a frying pan a glass of olive oil and when hot throw in six cloves of garlic, a saltspoon of rosemary, and fry for five minutes. Strain this oil with a quarter cup of tarragon vinegar into the shad broth. Now place the fish

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kettle over the fire and when it begins to boil draw it to one side and let it simmer for half an hour. When cooked put in six leaves of good gelatine and replace the cover, and allow it to stand and cool. Serve on a long fish plate with the following vinaigrette:

A tablespoon of chopped chervil, a tablespoon of chopped capers, a teaspoon of mixed mustard, two tablespoons of worcestershire sauce, a saltspoon of pepper and a half teaspoon of salt, two tablespoons of olive oil and a quarter of a cup of red vinegar, and three quarters of a cup of the fish broth. If desired the fish broth may be strained, cooled, and served in bouillon cups with finger rolls, as it is deliciously flavored.

A Good Cold Fish Dish

A very good cold dish is pickled salmon. It is made by boiling the salmon, then placing it in a deep crock with a tight cover. Take a cup of water in which it was boiled and a cupful of vinegar, half ounce of pepper, half ounce of allspice, one teaspoon of salt, two bay leaves, two cloves; boil the mixture for ten minutes, then let cool and pour over the salmon, covering tightly for twelve hours. Drain and serve the fish on a bed of watercress, garnished with thin slices of lemon and hard-boiled egg cut in fancy shapes.

Cold Filet of Bass Parisienne

Select one and a half pounds of fresh sea bass, have it fileted and cook the filets in a broth made of half a cup of vinegar, pepper, salt, and enough water to cover them. When done remove them carefully and when cold, cover an oblong dish with washed and dried lettuce leaves; lay the filets on and garnish them with thinly sliced cucumbers and tomatoes and dust all with a little paprika. Make a dressing with a teaspoon of chopped chives, a teaspoon of chopped tarragon leaves, two shalots, a saltspoon each of salt and pepper, a half cup of heavy French dressing,

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and enough mayonnaise to bind the sauce. Have this sauce chilled and pour it over the filets just before they are served.

Cold Jellied Eels

Skin and cut the eels into short pieces; put them into a pint of white wine with sliced onions, carrots, mushrooms, a few peas, and one diced potato. Season to taste and stew until the eels are done; remove from the fire, add a few thin slices of lemon and a teaspoon of minced parsley. Turn into an oblong mold and set away to cool and jell; when ready to serve turn onto a platter and garnish with lemon and parsley.

Goosefish

The people of England and Germany are most appreciative users of a fish almost unknown to the American table. This is the goosefish, monkfish, anglerfish, or devilfish, the last name being best known, perhaps, in America. It is said on the best authority that the steaks taken from this fish contain as much flesh building material, pound for pound, as sirloin steak. The fish weighs in the neighborhood of twenty-five pounds and is cut up for market like cod, haddock, and other big fish.

Grayfish

Grayfish is the *nom de plume* under which the dogfish is bidding for favor. After rigorous and costly experimentation, the U. S. Bureau of Fisheries recommend it as one of the cheapest and most delicious of canned fishes. The fish has a ribless backbone, a fact which will endear it to most housewives; it is packed in cans in a compressed piece, paper wrapped, the light and dark meat being as distinct as that of the salmon.

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SHELL FISH—LOBSTERS

The Choosing and Preparing of Lobster

CHOOSING lobsters is quite as much of a problem as choosing fresh fish, but is found more simple than selecting fish, for the lobster at his best, is decidedly lively and on the defensive as much as his weighty body out of water will allow him to be. Whereas the fish is a passive subject at best. A lobster from nine to ten and a half inches long, is the smallest that may be purchased, and will probably weigh from a pound and a quarter, to a pound and a half. Anything smaller comes under the head of Chicken Lobster. A good way of testing a lobster is by comparing its weight to its size. For example, if a lobster ten and a half inches long only weighs between a pound and a quarter and a pound and a half, one may know that it has lately passed through the period of shedding, and for that reason is soft-shelled and light of weight. If, on the other hand, his weight is from a pound and a half to two and a half, he will be found in prime condition for a good meal.

Lobsters up to a weight of three pounds make the best food. After three pounds they are not so apt to be tender.

A good lively lobster will keep in a cold package, packed in sea weed, for many days. When lobster is designed for boiling, or to be used in any one of the dishes requiring the meat of cooked lobster, have a pot full of water boiling hard and plunge the lobster head first into this. Cover tightly and boil twenty minutes to half an hour, according to the size. If he is intended for use, almost immediately, take him from the boiling water and plunge him into ice

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water. Let him stay there until thoroughly cold. This makes the meat firm. Ten to fifteen minutes being sufficient. He is then ready to open. If the lobster is to be broiled, have the fire in perfect condition, a gas oven is most universally used, and because of its construction, is the most convenient. Live coals are in order where the old-fashioned kitchen stove is still in vogue, and for camp purposes, charcoal will answer the purpose nicely. The lobster intended for broiling should be laid on a heavy board and split straight down the middle with a sharp carving knife or cleaver. This is difficult in the home kitchen, but the nearby butcher will always split them for you and they may be returned immediately to the hot broiler.

If one is buying boiled lobsters, a safe way to tell whether they were in good condition when boiled, is to straighten out the tail. If this returns immediately to its curled position, the lobster was in good condition when boiled. If it remains limp, it has probably been out of the water some time. This is, however, not an infallible rule, and one should not condemn a fish dealer or butcher until they have examined the meat of the lobster, and if it is firm the lobster is in good condition and safe for food.

From July until September is the general shedding time, when the lobsters change shell, then they are apt to be very heavy, but when opened it will be found it is the new shell that makes them so, and that they are lean and not very good eating.

A few simple directions for opening the boiled lobster may give the housewife courage to serve the dainty oftener in the home.

When the lobster is ready to open have the platter ready, lined with large green lettuce leaves, break off the small claws and garnish the edge of the dish with them, then break off the large claws, crack them, and remove the meat. Next take the lobster by the back of the body in the right hand, the tail in the left hand, and insert two

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fingers under the body shell at the base of the tail, then break through the soft shell and separate the tail from the body.

Lay the tail on its back on the board and with a sharp knife cut through the soft rib-like structure and, flattening the points at each side, crack the shell and by putting two fingers under the meat it may be easily drawn forth whole, open it right down the middle and remove the single intestine which runs down the entire length of the tail.

Next take the body in the right hand and place the thumb of the left hand under the shell and pull out the body, the soft green jelly-like substance in the center is called the "fat" and is not only edible but is considered a great delicacy. The contents of the head or "lady in the chair," as it is called, is not edible, and the "dead men" or gills at either side of the body are not edible.

Put the two thumbs in the center of the body when the gills are removed and separate it into two pieces and pick the meat carefully from the cells which will be readily distinguished. Now if the shells are to be used in garnishing, clean them, carefully rinse in warm water, then with a soft cloth wipe them over with olive oil, then put in a cool place until needed.

The lobster should be boiled in the morning for use at dinner and kept in a very cold place, but not in direct contact with the ice, and it is better not to remove the meat from the shell until just before preparing it in any desired way.

Lobster and Sweetbread en Casserole

Boil two lobsters and remove the meat, set aside the two tails and two large claws. All the rest of the meat mince fine, add to it a half teaspoon of pepper, a half teaspoon of salt, a grated onion, a tablespoon of chopped celery, a teaspoon of chopped parsley, a half cup of fine crumbs, one beaten egg, two tablespoons of melted butter, and mix

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well together. Have ready two cold parboiled sweetbreads, split them, but not entirely apart, and stuff them with the mixture, butter the casserole and lay the sweetbreads in the center, the lobster tails at either side with the claws, sprinkle with pepper and salt, generous lumps of butter, and, last of all, turn in a half pint of cream, and a gill of chutney syrup. Cook in medium oven one hour to an hour and a half.

Lobster à la Newburg

Select two lobsters weighing about two pounds each. Use lump of butter as big as two eggs. While the butter is melting, separate four eggs. Beat the yolks and mix with a pint of sweet cream. Stir the cream and eggs well together. Pour into the melted butter, then stir in the lobster, which has been taken from the shell and cut into small pieces. Allow to simmer until the eggs are cooked. When ready to serve pour in two wineglasses of sherry, or madeira. This will serve six people.

Lobster Chops

For the lobster chops, to two cups of cold boiled lobster, chopped fine, add saltspoon of salt, half saltspoon of pepper and a little chopped parsley. Boil one cup of cream mixed with three (level) tablespoons of flour, one tablespoon of butter, and mix with lobster. When cool, form into chops, roll in cracker dust, fry in hot lard, and insert a claw to carry out the effect. Garnish with sliced lemon and parsley, put sauce tartare in sauce-boat, and serve the chops on a doily.

Buttered Lobster

Beat up the yolks of two eggs with a tablespoon of butter; when it forms a smooth cream add half a gill of milk or cream, a saltspoon of freshly ground black pepper, and a

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half saltspoon of coralline pepper. Put it into the double pan with the meat of a lobster, cut up not too small, and let it heat in this for ten minutes, without on any account allowing it to boil. Serve on toast.

Lobster and Codfish Tongues en Casserole

Meat of two boiled lobsters cut small. Codfish tongues boiled and sliced, put in a well buttered casserole with a gill of cream, a gill of melted butter, a tablespoon of powdered sweet herbs, and a teaspoon of worcestershire sauce. Dice three white potatoes and bake all in the casserole one hour.

Lobster Tarts

Line as many tartlet pans as there are to be portions served with a good pie crust. Take the meat of one large boiled lobster and cut it fine. Add to it one cup of chopped button mushrooms, a chopped red pepper, and three chopped truffles that have been sautéd in butter. Add a half cup of dry bread crumbs, a gill of melted butter, a gill of cream, and one boiled egg chopped. Season with a dessertspoon of worcestershire sauce, the same amount of chutney syrup, a saltspoon of white pepper, and a teaspoon of salt. Fill the pans with the mixture; dust the top of each with a little grated American cheese, and bake until the crust is done in the oven. A large lobster, weighing three and a half to four pounds, and this mixture will be enough to serve eight people.

Scalloped Lobster

To the meat of two cold boiled lobsters, add a half cup grated old English sharp cheese, three quarters of a cup of cracker crumbs, a saltspoon of pepper, half a teaspoon of salt, two cups of sweet heavy cream, and one tablespoon of butter. Before greasing the baking dish rub lightly with

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a bud of garlic, then butter, then fill in the mixture, adding the cream last. Bake a delicate brown in a moderate oven and serve as an entrée. Dry toast fingers or small rolls should be served with the lobster.

Lobster Cardinal

Remove the boiled lobster from the shell, cut in pieces, mix with one and a half cups of shrimp sauce. This is a light cream sauce with a dozen shredded shrimp in it and two tablespoons of tomato ketchup added to color it. Put the lobster back in the shell, sprinkle thickly with grated cheese, place under the broiler until brown, and serve with hot finger rolls.

Lobster Provençale

Have the lobster split as for broiling, remove the meat, and cut in pieces. Sauté in olive oil to which has been added a grated onion, two finely minced shalots, and a half bud of garlic, a teaspoon of worcestershire sauce, a few drops of kitchen bouquet, two tablespoons of sherry, and a tablespoon of tomato sauce. Do not add the sherry until the lobster is all cooked, then let all boil up together once. This may be served in patty shells, ramekins, or in a border of rice.

Lobster Creole

Take the meat of one heavy cold boiled lobster and cut it fine. Add to it a small cup of dry crumbs, a tablespoon of chutney syrup, a saltspoon each of pepper and salt, a gill of melted butter, and one cup of thin cream sauce. Fill buttered ramekins with the mixture, dusting the top of each with a little grated cheese. Bake fifteen minutes.

Lobster Creole

Boil one lobster, cut the meat in small pieces, and steep it in melted butter with one grated onion, two dozen button

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mushrooms chopped with one fresh green pepper, and one large fresh tomato; season and serve with rice timbales garnished with watercress.

To Broil a Lobster

With sharp knife and mallet, split in two down back, following line which runs down middle of shell; remove stomach and intestine; place the two pieces on a broiler with shell part downwards, and broil over a moderate fire for half an hour or longer. When half cooked, moisten well with butter; when thoroughly cooked spread butter over, and sprinkle with pepper, salt, and lemon juice. Crack claws before serving. It is a good idea to have the butcher split and clean the lobster.

CRABS

Crabs are in season all summer and, if fresh and lively, may be boiled and served as a foundation of many good dishes. The season for the soft-shell crabs is short, but they are considered a delicacy, and are favorites while they last.

To Cook Hard-Shell Crabs

Hard crabs are cooked by plunging them into boiling water, and boiling them twenty minutes if they are good sized. When they are cold remove the claws, raise the apron with the thumb nail, then insert the thumb at the back of the shell and remove the body. Pull away the "dead men" and remove the white meat. Avoid the eyes and the gall bag back of them. When all meat is removed place in the ice-box to cool. They are then ready to use in any way liked best.

Stuffed Crabs

Put half a pound of crab meat in a saucepan with a teaspoon of butter, season well with pepper and salt,

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add a pinch of chopped parsley, and thicken with cream sauce. Stir lightly to avoid breaking the meat. Stuff a large crab shell which has been thoroughly cleaned, cover with bread crumbs and a little melted butter, and brown in a quick oven or under a gas broiler.

Crab Meat Puffs

Let a cup and a half of flaked crab meat simmer in a cup of sauce à la Newburg, have ready puff paste squares, tuck a tablespoon of mixture into a square, turning up the points like an apple dumpling, grate a little Parmesan cheese over the top, and bake in the oven a delicate brown.

Crab Tartlets

Line tartlet pans with good pie crust, take one pint of fresh, carefully picked-out crab meat, and add to it three tablespoons of bread crumbs that have been fried in butter and drained, three tablespoons of very finely chopped celery, a half saltspoon of pepper, a saltspoon of salt, and one cup of rich cream sauce not made too thick. Fill the tarts and put on little upper crusts, cut to let the gas and steam escape, and bake them a delicate brown. These are delicious cold and are very dainty for the Sunday night supper.

Crab Meat in Ramekins

Take two cups of crab meat, one small cup of fine, dry bread crumbs, one beaten egg, saltspoon each of pepper and salt, a gill of melted butter, a cup of sweet cream, and a tablespoon of chutney syrup. Mix the ingredients well together and fill buttered ramekins or scallop shells with it. Sprinkle the top of each with grated cheese and bake a delicate brown.

Deviled Crabs

Boil twelve crabs and when cold remove the meat. Rub together two tablespoons of flour and one of butter, when smooth thicken a half pint of milk and when it reaches

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boiling point remove it from the fire. Add to it a half teaspoon of paprika, a level teaspoon of salt, a saltspoon of white pepper, a tablespoon of chopped tarragon leaves; mash the yolks of four hard-boiled eggs together and work into the sauce. Add the crab meat, mixing all thoroughly. Add a half cup of soft bread crumbs, a tablespoon of chutney syrup, mix all together, and fill the empty crab shells with the mixtures, dotting the top of each with a little butter and dusting with a little grated cheese. These crabs may be put into a frying basket and plunged into hot fat for two minutes, but they are nicer if baked in the oven for fifteen minutes, or until they are a delicate brown on top.

Crab Gumbo

Take a half of a fresh tender chicken, cut into small pieces, put into a saucepan with a large spoon of lard and one of flour, watch carefully and brown; turn over it a pint of water and let it cook for an hour and a half. Pick the meat from one dozen boiled crabs, warm the meat with a spoonful of butter in another pan, then pour it over the chicken, adding a few small pieces of fried ham. Season to taste and serve hot with dry boiled rice.

Crab Meat au Gratin

Add to the crab meat of a dozen crabs three quarters of a cup of fine dry bread crumbs, a gill of melted butter, an egg beaten in a half cup of milk, half a cup of cream, half saltspoon of pepper, a saltspoon of salt, and a tablespoon of grated English cheese. Fill well buttered ramekins with the mixture, sprinkling a little more cheese and a dash of paprika on top of each, bake a delicate brown, and serve garnished with cress and with hot finger rolls.

Soft-Shell Crabs

To prepare the soft-shell crab take it in two fingers and on the under side insert the thumb nail under the

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point of the apron, open and pull it off. Rinse the crabs in cold water, dip them into beaten egg, roll in cracker crumbs, dust lightly with pepper and salt, and plunge them in boiling fat. Cover and cook about ten minutes. When done drain them on brown paper, lay them on toast sippets on a hot platter, garnishing with parsley and lemon quarters. Serve tartare sauce with the crabs.

Soft-Shell Crabs Italian Way

Take six large soft-shell crabs, clean and rinse them, and lay them in one pint of milk. Add three beaten eggs and allow them to remain until they absorb the liquid. Lift them out, roll in fine crumbs, and fry as usual.

A comparatively newcomer to our fish markets is the big English hard shelled crab whose weight is greater than a large lobster and who yields sufficient meat for a salad which plentifully supplies four portions. The meat is a trifle stronger in flavor than our smaller domestic crabs, the only other crab meat which approaches it is that of the crab from the Pacific coast which now quite regularly appears in our markets and is but a bit smaller than his English cousin.

SHRIMP AND CRAWFISH

These are usually sold boiled and are capable of being made into any of the dishes wherein lobster or crabs figure. The crawfish appears oftener in the garnishes used for various fish dishes, than in dishes made of itself.

Creamed Shrimp

Make a rich cream sauce and add to it a pint of pickled cold boiled shrimp, broken in halves. Before using the shrimp let them stand one hour in the juice of half a lemon, juice of one onion, a wineglass of sherry, a saltspoon of pepper, and the same quantity of salt. When ready let them drain for ten minutes, then add them to the cream sauce. Serve them on toast squares that have been

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sprinkled with grated cheese, pepper and salt, and heated hot in the oven.

Scalloped Shrimp

Take two cups of freshly boiled shrimp and break them into small pieces; make a highly seasoned cream sauce; add a tablespoon of cracker dust to the shrimp and put them into the cream. Fill buttered ramekins or baking shells with the mixture and bake till a delicate brown. Serve garnished with a slice of crisp bacon and a spray of watercress.

Shrimp Tarts

Line separate tart pans with good pie crust and crimp the edges. Shell and break in pieces a quart of freshly boiled shrimp. Make a good rich cream sauce and put in the shrimp, season well and fill the tarts, dusting the top of each with a few fine crumbs, grated cheese, a dusting of pepper and salt. Put in the oven, and by the time the crust is done the filling will be brown on top.

Spanish Fricasseed Shrimp

Fry in butter one chopped onion, and three chopped tomatoes; when a delicate brown add one tablespoon of flour mixed smooth in a half a cup of water; when the sauce boils add one quart of boiled shrimp, a half teaspoon of salt, and a tablespoon of worcestershire sauce, one beaten egg yolk; cover and cook about fifteen minutes, stirring occasionally so that it does not burn. Serve turned into the center of a ring of boiled rice.

MOLLUSKS

Oysters

September marks the annual return of oysters to the menu, and they are always welcome. No other viand seems to take just their place, though the clam does its best to fill in the vacation period. Oysters are not only

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serviceable used on the half shell, in sauce, roasted, stewed, and fried, but in numberless ways they may be prepared to form a course by themselves.

If one has a cool cellar in which they may be stored, they are better when bought in quantity in the shell and they will keep for a long time covered with damp seaweed or sprinkled with wet cornmeal. If this is impossible, they should be opened by the fish dealer in order that the customer may have them at their best.

The oyster requires very little cooking, and if used in stew it should only be dropped in for a couple of minutes until the beard curls, then removed instantly from the fire. If the oysters are to be broiled, the gridiron should be thoroughly warmed, so that they may cook quickly without drying when they are put over the heat. If they are fried, the batter should be very delicate and the fat very hot, so that they may fry quickly. The habit of adding cornmeal to the batter makes too coarse and heavy a coating for the delicate texture of the oyster. They are best when simply dusted with fine cracker crumbs just before being dropped into the hot fat, using no batter at all.

Raw on the half shell is a most popular way of serving them, with lemon, tabasco, or horseradish sauce. Spiced or pickled, two on a tiny round of toast with a few drops of anchovy sauce, they make a most acceptable relish. In the familiar cocktail they masquerade under the highly seasoned cloak of tomato sauce.

Delicately broiled on heavy white paper and placed on toast sippets, with melted butter, they make a dainty addition to the invalid's tray. In the dry stew, Boston stew and milk stew they are equally good.

Roasted over the outdoor log fire they are most popular for beach party refreshments on early fall nights, when corn roasts have gone out of season. A large oyster rolled up in a thin slice of bacon, pinned with a wooden skewer and delicately fried, served with toast, fingers and cress, are the

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little "pigs in blankets" that are so inviting to the fitful appetite of the epicure for breakfast on the dawn of the "morning after."

Creamed, they are very inviting if the cream is richly made. Scalloped oysters are nice baked in the baking shells or the little ramekins. In salads, sandwiches, patties, fried and served in turkey stuffing the oyster's use is well known to nearly all cooks.

Oysters à la Newburg are quite popular for the chafing dish suppers, and the following is a good recipe for them:— Stew three dozen oysters in their own liquor with a pinch of salt until the edges curl, then drain them and add two tablespoons of sherry to the cream made by heating a gill of cream and thickening it with a tablespoon of flour rubbed into two ounces of butter, add the hard-boiled yolks of three eggs rubbed smooth in a little cream, stir until all is thick and smooth, then add the wine and oysters, and serve hot, adding salt and pepper to taste.

Oyster Loaf

Take one well-shaped loaf of baker's bread, slice off the top lengthways, carefully remove the crumb from it and draw through two little slits a wide white satin ribbon which ties in a big bow on the top. Deftly hollow out the bottom of the loaf, leaving a quarter-inch crust entirely around and on the bottom of the loaf. Crumple tissue paper and fill the loaf with it, put on the cover and set it aside in a cool place; this is done so that the loaf will not lose its shape. When ready for service remove the paper, fill the loaf with rich creamed oysters and send to the table garnished with parsley.

Baked Oyster Newburg

Make a rich Newburg sauce, and when it is thoroughly smooth and at boiling point add a solid quart of oysters

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that have been carefully wiped dry on a linen towel. Let them boil up once, then turn into a buttered casserole baking dish, sprinkle over the top a tablespoon of very fine bread crumbs, a tablespoon of grated English cheese and a little paprika, and brown lightly in the oven. Serve hot or cold with hot biscuits and fresh butter. A tablespoon of sherry improves the flavor.

Oysters Baked in Tomatoes

Take as many large firm tomatoes as there are portions to be served, cut and hollow out the stem end. Take enough small bluepoint oysters to allow four to each tomato, add for each four oysters a teaspoon of bread crumbs, a half teaspoon of grated cheese, a few drops of onion juice and half a teaspoon of finely chopped celery. Fill the tomatoes with the mixture, place them in a buttered baking dish and turn over each a teaspoon of melted butter; dust lightly with a little bit of flour and bake until tender, but not until the tomato falls. Garnish with fried parsley.

Oyster and Corn Scallop

Cut the kernels from eight ears of fresh, tender corn, add to them two gills of melted butter, one gill of sweet cream, two tablespoons of sugar, a saltspoon of pepper, half a teaspoon of salt, and two well beaten eggs. Butter a baking dish, put in a layer of the corn, then a layer of oysters. Have ready four slices of pickled pork that has been diced and fried a delicate brown, dot the oysters with the pork and dust with a tablespoon of fine bread crumbs; put on another layer of the corn mixture, then the oysters and pork with the crumbs, and so on until the dish is filled. If the dish seems a little dry add a little more sweet cream, then dust the top lightly with grated cheese and bake.

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Oyster Pie

Line a deep pie plate with pie crust. Make a cream sauce, not too thick, and put into it a pint of solid oysters. Fill the pie with the creamed oysters, put on the top crust and bake a delicate brown. This makes a very nice entrée. Cut the pie in squares instead of the usual wedge-shaped pieces, and serve a tablespoon of whipped cream on top of each portion, dusting with a little pepper and salt.

Oyster Croquettes

Take three dozen fresh oysters, strain off the liquor and set it aside. Chop the oysters and mix them with an equal quantity of cold boiled, chopped chicken and six chopped mushrooms. Put them into a saucepan, add the liquor and one teaspoon of worcestershire sauce, two beaten eggs, and two tablespoons of cream, salt and pepper to taste. Stir and cook until the mixture thickens, then set it aside to cool. When cold form into croquettes, roll in egg and cracker dust, fry in hot fat and serve garnished with parsley and crisp slices of fried bacon.

Oyster Bundles

Make some good pie crust, roll out thin, and cut into strips six inches long by three inches wide. Lay on each strip a slice of bacon, one good-sized oyster and a teaspoon of the following sauce: Take a cup of cold boiled shrimp, mince very fine and add to it a teaspoon of worcestershire sauce, a teaspoon of finely chopped tarragon leaves, a dessertspoon of chutney syrup, a little melted butter, and a very stiffly beaten egg white. Lay a teaspoon of this on each oyster, roll up the bundles, put them in well buttered baking dishes, and bake until the crust is done. Have ready a rich, heavy, smooth tomato sauce, and put a small quantity on each bundle as it is served.

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Escalloped Oysters

In making the escalloped oysters, take one quart of oysters as solid as it is possible to get them; drain and dry them on cheesecloth folders. Butter a baking dish, then lay in alternate layers of oysters and fresh cracker dust, covering each layer with little pieces of butter, and a sprinkling of pepper and salt. Proceed this way until the dish is filled, the top layer being crumbs. Add the lumps of butter on the top, a cup of the liquor from the oysters, and two gills of cream. Bake in a moderate oven until it is delicately brown on top. Serve in the dish in which it is baked, folding a napkin about the dish to make it more sightly. Olives, celery, and little hot biscuits, quick or raised, should be offered with this course.

Bombay Oysters

Select large frying oysters, allowing four to a portion. Broil the oysters on a well buttered grill and then lay them on a shallow buttered baking pan. Have ready a cup of minced chicken seasoned with a half saltspoon of pepper, a saltspoon of salt, a tablespoon of chutney syrup, a tablespoon of melted butter, a tablespoon of cream, and the stiffly beaten white of an egg. Mix thoroughly and put a spoonful on the top of each oyster, and then let them brown lightly in the oven. Serve on hot plates on thinly sliced pieces of buttered toast, pour over each portion a little cream sauce made not too thick, and garnish with a spray of parsley.

Curried Oysters

Curried oysters are made by taking the liquor of one quart of oysters, heat it and thicken with two tablespoons of flour rubbed into two tablespoons of butter and one teaspoon of curry powder. When thickened add the oysters, let simmer five minutes, being careful it does not burn, and serve.

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Oyster Shortcake

Make a good shortcake and bake in pie plates. While it is baking, stew three dozen oysters in their own liquor until the edges curl; make a rich cream sauce, the same as for creamed oysters; drain, add them to it, and season well. Split the shortcake and pour the mixture between and over it. Do not neglect to butter the layers well before adding the oysters.

CLAMS

Too often after oysters come back into season is the humble clam relegated to the background, and seldom met except in the chowder. The clam is too useful and too moderate in price to be neglected. The large round clam is generally opened and chopped for chowder use. Soft clams sold by the string are sometimes used for chowder and sometimes for frying, or they are chopped and used for fritters. The thin-shelled long clams are the ideal "steamers." Clams may be had all year round.

There is a square cloth bag fastened with snap catches designed for steaming clams so that they may be drained and sent to table right in the bag. The clams are thoroughly washed and scrubbed with a brush and lukewarm water before being put into the bag, so that they are free from sand. The bags may easily be made at home to hold single portions of one dozen each or large enough for the family supply.

Baked Clams

Steam open enough small, round clams to allow seven to each ramekin, add to them a cup of bread crumbs, a saltspoon of pepper, a saltspoon of salt, a gill of melted butter, the juice of an onion, tablespoon of worcestershire sauce, a teaspoon of English mustard, teaspoon of chopped tarragon leaves, one beaten egg and a gill of cream. Fill well buttered

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ramekins with the mixture and bake a delicate brown; serve hot.

Escalloped Clams

For this dish the clams should be opened like oysters, and fifty medium sized ones will be needed. Butter a baking dish, then put in a layer of clams, then a thin layer of dried crumbs, dust with pepper and dot with little lumps of butter. Proceed this way until all the clams are used up, then turn over all a rich but thin cream sauce, dust the top with a little grated cheese, and bake for half an hour. It will take a cup and a half of the sauce, perhaps a little more—it must be judged by the dish quantity, as it should come up nearly to the top of the mixture.

Clam Pie

Steam open, after thoroughly washing the shells, four dozen round clams. Make a rich cream sauce, not too thick, and add the clams to it; add a half saltspoon of celery salt, the juice of one onion and a half saltspoon of mignonette pepper. Have ready as many large ramekins lined with good pie crust as are needed for the number to be served; fill them with the mixture and put on the top crust, which should be perforated with a silver fork. Bake until the crust is done. These pies should be cooled naturally but never chilled.

Curried Clams

Steam open sufficient clams to allow six or more to a portion. Make a good curry sauce, and when done drop the clams into it, boil up once to heat them, then serve on toast garnished with pimento olives. In proportion only a level teaspoon of the curry powder should be used for a pint of cream sauce.

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MUSSELS

In the sea mussel we have a shell-fish as palatable as the oyster, much more nutritious, and more digestible. It contains only half as much waste as the oyster, is more abundant, and is adapted for making a great variety of food combinations. Furthermore, it is in season for the table when the oyster is out of season.

Mussels may be eaten plain if desired, in which case they are prepared by washing them well and then placing in a pan with slices of onions and a little chopped parsley. After being on the fire ten minutes, by which time all the shells will have opened, they should be removed, the beard and black portion cut off, and they are then ready to eat in their own juice.

Buttered Mussels

If fresh, steam a quart of mussels open, remove from the shells and sauté in a gill of butter, pepper and salt for two or three minutes until they curl; then serve on slices of toast garnished with fresh cress. If bottled, drain carefully and remove the whole spices that are often in them, rinse through cold water, wipe dry on a linen cloth, then sauté in the butter, adding a generous dash of red pepper, and a pinch of salt, and serve on toast in the same way.

SCALLOPS

In our markets during the scallop season two kinds appear. The very large, deep sea scallops which are used for soups, in chowders, or chopped to use in made fish dishes are stronger in flavor and tougher in fiber than the smaller scallops which are sweet in flavor and tender. The latter usually appear in Newburgs, stews, fries, and salads.

Scallops en Casserole

Drain and dry a quart of large scallops; then dip them in beaten egg and roll them in some very fine crumbs that

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have a little grated cheese, a saltspoon of pepper, and a half teaspoon of salt added to them. Heap them in a buttered casserole dish and turn over them the same cream sauce as is used with the codfish tongues. If the quantity of the sauce seems insufficient, add an extra gill of cream. If desired, a wineglass of sherry may be added.

SNAILS

The use of snails as food is practically unknown in this country, but it is common in Europe, especially in France and Austria, and has been introduced here to some extent by immigrants from those countries.

When the snails are gathered from the woods or in the open country it is not considered altogether safe to use them for food immediately. The reason for this lies in the fact that the snails are likely to feed upon all sorts of plants and cases of poisoning have been known. It is customary, therefore, to keep them for a time in enclosures where they may be properly fed and cared for until ready for market.

The enclosure is usually divided by narrow paths, between which is strewn a layer of moss, in which the snails seek shelter from the sun and from changes of temperature.

The food provided for snails in captivity consists mainly of lettuce, endive, cabbage, dandelion leaves, and chopped kohlrabi. These vegetables are raised on a considerable scale for this purpose. The food is laid upon the moss, and care must be taken to remove all portions of decayed food and other undesirable matter—a precaution essential to the health of the snail.

The snails are gathered during the summer and kept in the preserves until the later autumn season. They are seasonable in June, July, and August for table use.

The snail in France is classed much the same as the oyster is in America, used as an entrée, tidbit, or delicacy. In smart restaurants and hotels they sell, prepared as an

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entrée at thirty or forty cents a plate, washed down by the choicest of French wine. As many as five thousand of the best large white ones are used a day in a popular restaurant, while from ten to twelve thousand of the cheaper grade are used during the twenty-four hours. The Burgundy snails are sent to market cooked. They are taken at their dormant season, they are carefully picked over, dead ones thrown aside and the epiphragms (the covering with which they protect the opening of their shell in winter) and they are then put into running water until thoroughly cleansed, then they are boiled in salted water. When done they are picked from their shells chopped to a paste and seasoned with chopped chervil, parsley, and shalots, then put between thin slices of sweet butter. After the shells are scrubbed white and are thoroughly dried they are stuffed with the mixture, packed and sent to regular customers in the required numbers.

Another favorite way of cooking the snails is to cleanse them and boil them for five minutes in the shell, then remove them from the shells and boil them two hours. When done they are chopped and then delicately seasoned, and the shells having been cleaned, they are stuffed, and a plug of the fresh butter worked to a paste with the chopped parsley, shalots, and seasoning. When ready for serving the snails may be heated in a pan for five minutes which melts the butter that flavors the meat, they are sent to table on a hot dish and are eaten with a two-pronged fork.

Still another way is to make the à la Bordelaise and add it to the chopped snail meat prepared as directed, then spread the mixture on toast rounds and bake a little while in the oven. The sauce is made of red wine, butter, garlic, and seasoning.

The escargots or edible snails sold in America are sent here alive in casks from Europe, but it is claimed by the department of agriculture that the Mississippi Valley would be ideal in every way for raising snails and that snaileries established there would be a paying investment. Snails

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are really more wholesome than oysters for they feed daintily on clean vegetable tissues, while oysters must take their nourishment from whatever water they are placed in, whether pure or impure.

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ENTRÉES

THE art of entrée making is one that has to be carefully studied by the at-home cook, but when once mastered means the knowledge of using left-overs to the best advantage, as well as the ability of knowing how to use fresh things economically. The entrée always adds the little touch of elegance to the simplest meal that removes it from the commonplace.

The so-called made dish is one of the secrets of the French woman's economy. To use up left-overs in an appetizing way is a long step towards reducing the cost of living.

Among these entrées are many dishes which may be selected for breakfast or luncheon use; the selection being made according to the grade of left-overs from the day before.

Madeira Kidneys

Take one dozen kidneys, skin and cut them partly in two; put on in cold water and let slowly come to boiling; pour off the water and add fresh, repeating this four times; then add one onion, a bay leaf, two cloves, and a pepper, and let them boil until tender. Have ready a brown sauce made of one pound of round steak cut in small squares, a soup bunch cut fine and covered with enough water to fill the pan; cover and simmer for an hour, while the kidneys are cooking; then strain and thicken with flour and butter creamed together; add a teaspoon of salt, a saltspoon of pepper, six seeded raisins and a wineglass of madeira wine; add when the sauce is ready, turn altogether and serve

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on toast sippets, garnished with parsley. Kidneys are cheap, and when properly cooked are tasty in an entrée.

Dutch Croquettes

Take one cup of chopped pecan nuts, two cups of fine bread crumbs, a quarter saltspoon of pepper, a half teaspoon of salt, one beaten egg, juice of an onion, teaspoon of worcestershire sauce, a tablespoon of melted butter and enough sweet cream to make the mixture into a consistency to mold into croquettes. Form the croquettes into any desired shapes, dust them with flour, lay them on a floured plate and set them in a cool place until it is time to use them. Fry them in deep hot fat, drain and serve them in a napkin garnished with parsley and lemon quarters.

Mock Chicken Cutlet

For the mock chicken cutlet, grind two cups of bread crumbs with one cup of walnuts, add a tablespoon of onion juice, piece of butter, and a half saltspoon of mace. Thicken two cups of milk with butter and flour, rubbed to a paste. Add the other ingredients with a half teaspoon of salt, quarter saltspoon of pepper, a well beaten egg, and a teaspoon of lemon juice. Stir well, then turn into dish to cool. Shape into cutlets, dip in egg and cracker dust and fry in butter a delicate brown. Garnish with parsley.

A Company Luncheon Dish

This rather troublesome dish is excellent for the luncheon fish course and is made by stewing a half pint of scallops in a quarter of a cup of butter, juice of a lemon and half a cup of white wine; twelve oysters cooked in their own liquor, four soft clams parboiled in a little salted water, three ounces of oyster crabs sautéd in butter, and a cup of boiled lobster and crab meat flaked. Drain the scallops and oysters and mix all the sea fruit in the saucepan.

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Add to the drained liquors from the oysters and scallops four minced shalots and a teaspoon of chopped parsley, two mashed anchovies and two tablespoons of thick cream. Heat well, season to taste and strain over the sea fruit in a hot silver dish, and garnish with toast sippets and watercress.

Lobster à la Militaire

Sauce: Melt in chafing dish three quarters of a cup of butter. Add a small grated onion, half a lemon sliced thin, one clove, a quarter saltspoon of pepper, and a quarter teaspoon of salt, a wineglass of sherry, one bay leaf, and a tablespoon of tarragon vinegar. Let simmer for fifteen minutes. Then add the yolks of three well beaten eggs and stir carefully five minutes. Have the meat of one boiled lobster cut in small pieces. Place it in a hot dish and strain the sauce over it. Garnish with olives stuffed with pimentos.

Chopped Calves' Liver

Boil a pound of calves' liver and chop it just as fine as possible, season with a half teaspoon of salt, a half saltspoon of pepper, and plenty of butter, pile on toast squares and garnish with strips of crisp bacon. Upon each portion lay a poached egg. Delicately broiled potatoes are served with this dish.

Sardine Omelet

Beat five eggs and add to them one tablespoon of cream, a half teaspoon of salt, a quarter saltspoon of pepper, a teaspoon of worcestershire sauce and four sardines that have been skinned, boned and broken into small pieces. Dissolve two level tablespoons of butter in the omelet pan and when hot, pour in the omelet. Stir it constantly until it begins to set. Fold, and serve on a hot plate garnished with cress.

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Sherry Tenderloin

After cutting away all arteries and splitting open four lambs' hearts, boil in slightly salted water until very tender; chop fine and add one onion, a stalk of celery, one tart apple chopped fine, a half cup of bread crumbs, an egg well beaten, one half cup of melted butter, a half saltspoon of pepper, a quarter teaspoon of salt, and a wineglass of sherry wine.

Have ready two pork tenderloins; spread the mixture between; fasten together by small skewers or with cord; place in baking pan; dust with pepper and salt; cover and roast until the meat is done (about a half hour), basting with a little melted butter and sherry very often; remove the cover and let brown; place on a platter and pour over the gravy made from the drippings and a little water added, thickened with browned flour. Garnish with slices of hard-boiled eggs and parsley.

Polish Stewed Tongue

Prepare a fresh tongue and boil in the usual way. Sauté a chopped onion and a little chopped pepper in butter; add a tablespoon of flour mixed smooth with a little of the water the tongue was boiled in, a cup and a half of the tongue water, a dash of nutmeg, a little cinnamon, two tablespoons of vinegar, a little thinly sliced lemon, and one tablespoon of sugar. Mix all ingredients thoroughly together and allow them to boil up smooth; then add the tongue that has been skinned and diced, and serve turned around a pat of panned spinach.

Deviled Oysters on Half-Shell

Poach oysters in their own liquor, drain, saving the liquor for moistening highly seasoned sauce, made by creaming butter and flour, adding cream and oyster liquor, chopped parsley, saltspoon of dry mustard, saltspoon of salt, and a

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quarter saltspoon of pepper. Last of all beat in two egg yolks. Chop oysters, add to sauce, and fill into deep half of the oyster shells, covering with buttered bread crumbs. Place in oven until crumbs are brown. Serve two or three to a portion and garnish with lemon.

Herring Roe, Madeira Sauce

Remove the herring roe from the can, drain, and roll in fine cracker dust; fry it to a delicate brown in butter, drain, and garnish with fresh, crisp cress, drawing the sprays through thin slices of lemon, and serve the following sauce in a silver boat. To one glass of currant jelly add one glass of madeira wine, drop in three cloves, and when melted and hot, but not boiling, it is ready.

Sausage à la Malaga

From good puff paste cut two four-inch square pieces. Take two tablespoons of Boston sage sausage, add a little extra seasoning, a tablespoon of cream, and a teaspoon of melted butter. Place half in each pastry square. Seed and wash one dozen large Malaga grapes, put half in each pastry, turn a teaspoon of honey over each, pinch the pastry, and bake twenty minutes. Serve garnished with cress and sliced fried apple.

Marron and Sweetbread Casserole

Parboil one large pair of sweetbreads; when done trim and dice. Butter a medium-sized casserole and lay in the diced breads, add to them a cupful of drained button mushrooms, and one dozen little potato balls cut with the cutter; slice in three truffles. Have ready one pint of cooking marrons stewed until tender in their own liquor, then drained and mashed through a sieve; add to the pulp a gill of melted butter, a gill of cream, one grated onion, and a half

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cup of grated pineapple, a teaspoon of chutney syrup, a half saltspoon of pepper, a heaping saltspoon of salt, and, if a little thick, add a little more cream, then turn over the sweetbreads. Bake and serve.

Creamed Sausages

Parboil one pound and a half of pork sausages, drain, and cool. When cold remove the skins and cut the meat into one-inch lengths; make a rich cream sauce, put the sausages in, and leave them long enough to heat through. Serve on slices of toast garnished with sliced fried-apple rounds.

Savory Marrow Bones

Have marrow bones cut the desired length and boil them in a linen cloth in fair water long enough to release the marrow, about fifteen minutes. Stuff the bones with a mixture of sweetbreads, mushrooms, the marrow, and savory seasoning, and bake in a moderate oven. When done, they may be fitted with a paper collar and a black ribbon tie, tied in a square bow, and a paper fool's cap, and served on lace paper doilies.

Sausage Puffs

From good puff paste, rolled the thickness of pie crust, cut four-inch squares, as many as are needed for the portions that are to be served, allowing one or two extra. Take sausage meat and season it very highly, adding a tablespoon of chutney syrup to the mass, and use a tablespoon for the filling of each paste square, folding it nearly over so as to leave a little opening on top, in which place a large seeded layer raisin. Bake a delicate brown in the oven, serve on a hot platter garnished with cress and delicately sliced broiled potatoes. Serve with the puffs a dish of fresh apple sauce.

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Banana and French Sausage Croquettes

Steam four large bananas until tender, then mash them fine, add to them one small can of the French sausage, add a small cup of fine crumbs and a saltspoon of salt, half as much mignonette pepper, a teaspoon of green mustard with fine herbs, a tablespoon of melted butter, and one beaten egg, roll into croquettes, dip in egg, then in crumbs, and fry in butter. Drain and serve with broiled veal cutlets.

Kidneys and Brandied Brown Sauce

Prepare as many kidneys as are required for the number of guests; put them to boil in cold water; let them boil for two hours, changing the water seven times, and the last time throw in a spice bag, a half-cup of vinegar, a sliced onion, a pepper, and a half saltspoon of salt. When done remove and have ready a good brown sauce, made of one cup of beef stock and a cup of milk, thickened with flour and butter blended together, flavored with a small cup of sherry, one tablespoon of brandy, a dozen raisins, and six olives pared in curls from the stones. Serve very hot in covered dish.

Toad in Hole

Make a smooth batter of six ounces of flour, one pint of milk, and three eggs, beat smooth and turn into a well buttered baking dish. Into the batter lay a few slices of cold mutton which has been dusted with pepper and salt; add one dozen oysters and two dozen coarsely chopped button mushrooms, season, put a little butter over the top and bake. Send to table in the baking dish.

Chicken Adrienne

Take three thinly sliced chicken livers, hearts, and gizzards. Let them marinate in the juice of an onion, a tea-

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spoon of mustard sauce, the juice of a lemon, a half saltspoon of pepper, a half teaspoon of salt, and a bud of garlic for one hour. Drain, sauté in butter, to which add a small wine-glass of sherry, four seeded raisins, and two truffles sliced thin. Take the breast of a boiled chicken, heat in the steamer, then butter lightly with pâté-de-foie-gras, and lay it on toast sippets. Turn the sauce over it, garnish with cress, and serve with hot rolls and currant jelly.

Jellied Calves' Tongues

Trim and boil until tender two fresh calves' tongues, skin, and when cold lay in a wet mold, the heavy ends of the tongues at the ends of the mold. Have ready a tomato jelly made in the following way: One can of tomatoes, one sliced onion, a saltspoon of pepper, a half teaspoon of salt, a tablespoon of sugar, whites and shells of two eggs, two ounces of gelatine powder that has been dissolved in a little cold water, a tablespoon of vinegar, and three cups of water. Beat over the fire until it boils, then draw to one side and allow it to boil slowly for three minutes, then let it stand covered closely for five minutes, strain, and turn over the tongues. When cool set it near the ice to chill and become firm. When ready to serve turn on to a platter, garnish with fresh cress, and croutons spread thinly with pâté-de-foie-gras with a slice of truffle in the center of each.

Savory Chipped Beef

Take one jar, bottle, or box of the finest chipped beef; make a rich cream sauce, adding sufficient beef to serve the required portions, and garnish with toast sippets that have been lightly buttered and sprinkled with a little finely chopped watercress.

Tripe à la Poulette

Parboil a small quantity of tripe, drain, and cut into small pieces. Make a rich cream sauce highly seasoned,

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add the tripe and a teaspoon of finely chopped red pepper, and serve on toast garnished with crisp slices of bacon and fresh cress. Serve a dish of tart apple sauce with the entrée.

Scallop Blanquette

Dip in egg and very fine crumbs six deep-sea scallops, and fry in hot fat to a delicate brown, drain, and place in a shallow open casserole; have ready a Newburg sauce made with cream. Turn it over the scallops. Dust lightly with grated English cheese, set in a hot oven long enough to melt and brown the cheese, and serve with tiny hot rolls and apricot jam.

Ham Mousse

Coat a wet mold with aspic and allow it to set. Put one pound of cold boiled ham through the meat chopper, add to it a tablespoon of worcestershire sauce, a tablespoon of chutney syrup, four tablespoons of liquid aspic, two cups of whipped cream; beat well and pour into the mold and cover with a layer of the aspic. When it is turned out to serve, garnish with parsley and radish roses.

Frogs' Legs, Currant Sauce

Prepare and fry four frogs' legs and lay them on buttered toast. Melt two tablespoons of currant jelly and add to it one tablespoon of madeira. Broil six mushrooms without the stems and lay them over the legs. Slice three truffles into the hot jelly, add pepper and salt, and turn it over the legs. Serve with hot raised biscuit and fresh radishes.

Savory Cherokees

Parboil in salted water one pair of sweetbreads. Cool, blanch, and cut in small pieces. Add three quarters of a

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cup of fresh, stoned cherries, a half cup of cracker dust, a tablespoon of grated cheese, a quarter saltspoon of pepper, a saltspoon of salt and beaten egg, a tablespoon of sherry to moisten the mixture, and fill well-buttered baking shells. Place a lump of butter on top and bake in moderate oven. Serve as entrée, garnished with parsley.

Chinese Fish

Delicately broil half a flounder. Make a cup of brown sauce from rich stock and brown flour. Add to it six water chestnuts sliced thin, a teaspoon of finely chopped celery, and a slice of finely shredded fresh pineapple. Fry three Spanish peppers in oil, drain, lay on the fish, turn the sauce over it, garnish with beet roses and cress, and serve with pineapple and ginger jam.

Baked Beans and Honey

Bake the beans after soaking and boiling in the usual way in a small individual pot, using honey in place of molasses to brown and sweeten them. Serve hot with brown bread toast and stewed rhubarb.

Liver Savory

Take half a pound of calves' liver, boil until tender, chop very fine, add a tablespoon of melted currant jelly, a tablespoon of madeira, a quarter saltspoon of pepper, a half saltspoon of salt, four drops of onion juice, a pinch of savory herbs, and spread on a buttered toast square. Turn over it a tablespoon of asparagus tips moistened in melted butter. Serve with cucumber jelly and Parker House rolls.

Liver and Apple Rounds

Boil a half pound of calves' liver until tender, then chop fine, season with a half saltspoon of pepper, a half teaspoon of salt, and heat in a generous lump of melted butter;

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when hot, add two tablespoons of apple sauce and spread on a toast round, then lay another round on top with a spoonful of currant jelly in the center of it.

Tongue Turnovers

Boil, skin, and dice two calves' tongues; make a well-flavored tomato sauce, and marinate the tongue in it as it cools. Make a puff paste, cut in square shape, as for apple turnovers, fill with the mixture, and bake a delicate brown. Serve hot, garnished with watercress.

Tripe à la Creole

Cut the tripe into strips three inches long and an inch and a half wide, using about a pound and a half. Fry one onion in butter, add to it a cupful of stock, a finely chopped pepper, a tablespoon of worcestershire sauce, and six button mushrooms sliced. Thicken with butter and flour rubbed to a cream; season and add the tripe. Cook ten minutes and serve hot garnished with toast sippets.

Sweetbread Olives

Parboil a large pair of sweetbreads; when cold chop very fine, with two cold-boiled chicken livers, add a tablespoon of cold fried bread crumbs that were carefully drained, juice of an onion, teaspoon of worcestershire sauce, a teaspoon of finely ground nutmeats, a tablespoon of cream to bind the mixture; then mold into little olives about two inches long and an inch thick. Have individual molds lined with aspic, allow two olives to a portion with a tablespoon of vegetable macédoine carefully drained and a tablespoon of Madagascar sauce, filling the mold with aspic. Chill, and when ready to serve turn on to lettuce leaves and garnish with a spray of cress and a radish rose. If not convenient to purchase the Madagascar sauce, heavy mayonnaise will do.

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Sweetbreads à la Port

Parboil a fresh large pair of sweetbreads in slightly salted water for twenty minutes; when done cut into small pieces and add a tablespoon of butter, a quarter saltspoon of pepper, a half teaspoon of salt, two tablespoons of cracker dust, and one beaten egg. Melt a quarter glass of currant jelly with a wine glass of good port wine and add to the mixture. Fill little ramekins that have been lightly buttered and grate a little cheese over the top of each. Bake a delicate brown and garnish with fresh cress and a slice of lemon.

Sweetbreads and Mushrooms

Take one pound of fresh mushrooms, peel, and use the tops only—the stems may be used in soup. Fry to a delicate brown in butter, seasoned with pepper and salt. Have ready a pair of sweetbreads that have been parboiled and blanched; dice and mix with the mushrooms. Make baskets of good pastry, shaping over patty pans; fill them with the mixture, sprinkling a little grated cheese on top and pinching on the handle. Bake fifteen minutes, serve on a doily, and garnish with a spray of fresh cress.

Entrée with Sweetbreads

Another attractive entrée is of sweetbread foundation. After parboiling a pair of sweetbreads, cut them fine, add a tablespoon of chopped celery, another of nuts, another of crumbs, juice of an onion, a saltspoon each of pepper and salt, a wineglass of sherry, a teaspoon of sugar, and a cup of smooth apple sauce. Roll out some pie crust and cut into squares; fill with the sweetbread mixture and fold like apple dumplings, putting a generous piece of butter in each. Bake a delicate brown in medium oven and serve garnished with cress and a tiny mold of mint jelly.

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NOVEL USES OF PÂTÉ SHELLS

Good pastry pâté shells should be used by the at-home cook much more frequently than they are, for they are capable of so many variations in different fillings, either made from left-overs or from new material, that they are well worth her consideration. The use of pâtés means individual service, which is always economy in both food and labor, no bread or rolls being necessary with them.

The pâté shells, if purchased from a baker, must be made by one who thoroughly understands the art; they should be of fine crust, not necessarily of puff paste, but crust which, if it is cooled, will bear heating again without becoming oily or indigestible. If the shells are homemade they are usually better than those one can purchase, though it takes a little knack in learning to shape them. The best butter, fresh lard, sweet milk, icewater, and pastry flour insure the best paste, and many good cooks think that a tiny bit of baking powder in the pie crust gives it lightness and fine texture.

Codfish Tongue Pâté

Secure six medium-size codfish tongues, parboil them until tender, and when done trim and dice them. Add to them two coarsely diced hard-boiled eggs, one finely minced red pepper, and six chopped olives. Make a cream sauce and add the tongue, and just before taking the mixture from the fire add half a glass of sherry. Fill pâté shells and heat. Garnish the patés with fresh cress.

Sweetbread Pâté

Parboil, blanch, and dice a large pair of sweetbreads. Take one cup of button mushrooms, chop them coarsely, slice six truffles into thin slices and add these to the sweetbreads. For the sauce squeeze the juice of one large lemon into the saucepan and add to it a lump of butter the size

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of a hen's egg; when melted together add a saltspoon of bicarbonate of soda and a cup of cold cream. Mix a tablespoon of cornstarch in half a cup of milk and add this also to the sauce and stir until the mixture is as thick as cold honey; add a quarter saltspoon of cayenne pepper, half a teaspoon of salt, and a teaspoon of onion juice, then add the sweetbread mixture and allow all to cook gently for five minutes. If it should be a little too thick add a little plain cream. When done fill the pâté shells with it and heat. Garnish with olive curls lightly spread with anchovy paste.

Macédoine Vegetable Pâté

Open and drain one bottle of macédoine of vegetables, add to them a teaspoon of chopped parsley and a teaspoon of chopped tarragon leaves. Make the sauce in the following way: Pare and slice six onions, fry them in two ounces of butter a delicate brown; when done and a good color, pour over them a pint of good rich stock, add a quarter saltspoon of pepper, a saltspoon of salt, and a little savory seasoning, then let all simmer gently until the onions are very tender. Then put through a sieve, put it back in the saucepan, and add the vegetables; let all boil up for five minutes until heated thoroughly. If the gravy seems a little thin add a little browned flour made smooth in a little water. When done fill the pâté shells with the mixture, heat and serve garnished with a sweet pickled pimento.

Oyster Pâté

Make the cream first after the following rule: Melt a large tablespoon of butter, add to it the juice of half a lemon and a level saltspoon of bicarbonate of soda. While it is foaming up add a cup of rich milk or part cream, in which a teaspoon of cornstarch has been dissolved. Stir carefully until it is the proper consistency, taking care

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that it does not burn, then set aside to keep warm. Scald the oysters in their own liquor and when the edges curl, in a couple of minutes, they are done. Drain them carefully and add them to the hot cream, with salt and pepper to taste, and fill the pâté shells garnishing with parsley. This fills six shells.

Duck Pâté

Take the remains of a large roast duck that has already served as a meal and cut the meat from the rack in very fine pieces. Add to this a half saltspoon of pepper, a half teaspoon of salt, and a half saltspoon of mignonette pepper; put into a stewpan one onion cut in thin slices with a half pint of white stock, with four strips of lemon peel, five leaves of sweet basil and let all simmer gently for a quarter of an hour, then add the juice of a large orange and that of half a lemon and one glass of port wine. When it has boiled up strain and put it back into the saucepan, add the meat and two thinly sliced truffles, heat again, and when it reaches boiling point if the sauce seems too thin add a little browned flour mixed smoothly with a little water. Fill the pâté shells with the mixture and garnish with a spray of fresh cress.

Tuna Fish and Pineapple Pâté

Free one can of tuna fish from all skin and bone and flake it; grate one medium-sized sweet pineapple and add it to the fish. Take one cup of dry bread crumbs and fry them a delicate brown in butter, stirring them constantly so that they are evenly done; drain them carefully and add them to the fish. Next make a good English brown sauce with a pound of round steak diced, one sliced onion, bunch of savory herbs, diced carrot, potato, two cloves, spray of parsley, and let all simmer until the goodness is all extracted from the meat; strain, then put back into the saucepan, and thicken with a little browned flour and butter mixed to

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paste. When the right consistency, add the fish and pineapple with the crumbs, let all boil up once and then fill the pâté shells with the mixture. Serve garnished with a little finely chopped red pepper.

Tripe Creole Pâtés

Wash and cut enough honeycomb tripe into small pieces to fill three cups, place it in a clean linen cloth, and wring the water out of it. Melt two tablespoons of butter and add one tablespoon of chopped onion, cook until slightly browned, then add two tablespoons of finely chopped green pepper and one half a chopped red pepper. Add one tablespoon of flour, one cup of red stock, a half cup of drained tomato juice, a tablespoon of worcestershire sauce, six button mushrooms sliced, pepper, salt to taste, a tablespoon of chutney syrup, and let all boil for five minutes, then add the tripe and simmer gently for ten minutes more or until the tripe is done. Fill the pâté shells and garnish each with a slice of fried tomato.

Salad Pâté

Free one heavy grapefruit from the white skin and break the pulp into pieces; wash, halve and stone enough white grapes to make two cups and add them to the grapefruit with a half cup of chopped pecan nuts and one cup of chopped pineapple; put the entire mixture into a white enamel strainer to drain and chill. Chop enough white celery to make one cup and cut one white lettuce heart into strips with the kitchen scissors. Have ready a cup of mayonnaise made with walnut oil, and just before serving toss the salad lightly in the mayonnaise and then fill the paté shells with it. Take a little of the mayonnaise and add to it a little whipped cream and put a spoonful of this on top of each pâté and sprinkle with a dash of paprika. This mixture should fill six pâté shells. Serve cold.

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Cucumber and Liver Pâté

Take one pound of calves' liver, wash and boil it until very tender in fair water, then chop fine. Peel, quarter, and remove the seeds from three cucumbers, slice them then in medium slices, throw them into boiling water and keep it at boiling point for ten minutes, strain, and dry them with a soft cloth. Melt two ounces of butter and put the cucumbers into it, stirring them constantly until they are a good color, then pour over them a small cup of brown gravy and add a quarter saltspoon of pepper, a saltspoon of salt, and the juice of an onion, and simmer gently for ten minutes, then add a tablespoon of chutney syrup. Fry one small cup of bread crumbs in butter, drain, and add them to the liver with four thinly sliced truffles; now add the liver mixture to the sauce and heat all together, bringing them to boiling point. Fill the pâté shells with the mixture, garnishing each with currant jelly.

Pineapple Pâtés

Take two cups of preserved pineapple, drain it, and add to it half a cup of preserved ginger chopped and enough ginger syrup to moisten the mixture, then add one tablespoon each of finely powdered macaroon and chopped pecan nuts. Fill the pâté shells with this mixture, heap them with whipped cream, place a tiny green preserved melon on the top. Serve cold.

Banana Pâtés

Take one cup of vanilla syrup and one cup of honey and melt them together; take eight medium-sized bananas, cut them in thick slices, add them to the syrup with the juice of a lemon, the thinly pared rind, and four cloves; let all simmer together until the bananas are thoroughly done. When cooked let cool, then fill the pâté shells with the banana and as much juice as it will hold, removing the cloves

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and lemon peel. Heap with whipped cream and garnish with a candied cherry. Serve cold.

Plum Pâté

Halve and stone enough blue plums after washing them to allow four halves to a pâté. Make a good vanilla syrup, then cook the plum halves in it until they are thoroughly done and the syrup has cooked down rich and heavy, add a half cup of blanched, coarsely chopped almonds and a tablespoon of blanched pistachio nuts and a tablespoon of stoned and chopped raisins. When cool fill the pâtés and heap them with whipped cream that has been colored a delicate green by a little breton coloring. This pâté may be chilled or it may be served hot with the whipped cream added in either case at the last moment. Peaches may be used in the same way as the plums if they are better liked.

Poached Eggs à la Reine

Dice the white meat of a boiled chicken and put it into a rich cream sauce. Fill hot pâté shells with the mixture and lay a poached egg on top of each, covering it with some of the cream sauce set aside for the purpose. Garnish with sprays of parsley and serve hot as soon as the egg is placed on the pâté.

Ham Patties in Aspic

Chop just as fine as possible enough boiled ham to fill two cups; season to taste; add a tablespoon of worcestershire sauce, a tablespoon of chopped nutmeats, and one beaten egg to bind the mixture. Shape into patties, roll in heavy mayonnaise, cover with aspic, and garnish the top with a truffle.

FRITTERS

Fritters can be served as a vegetable or as a sweet course for luncheon, dinner, or supper, and they often serve a very

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convenient purpose. Whether they are sweet or plain the foundation batter is much the same. The fat in which they are to be fried must always be the very freshest and best that can be procured, and if it is to be used a second time it must be carefully strained through cheesecloth wrung out of hot water and laid inside the fine sieve. This insures the perfect cleanliness of the grease for a second using. It is a good idea if fritters are liked and used very often to keep a small lard pail with tight-fitting cover ready which may be freshly scalded to receive the left-over and strained grease.

Of course the lard in which vegetable fritters have been fried cannot be used for frying sweet fritters, for it is sure to have become tainted with the vegetable flavor. The lard used for sweet fritters may, however, be used later for frying vegetables.

The sweet fritters are best served, after draining, in a napkin. The sauce that goes with them may be served in a little tureen. If the fritters are served as a garnish they are placed around the platter, while the vegetable fritters if served with a heavy sauce are placed upon a platter by themselves and prettily garnished.

This foundation batter may be used for nearly all kinds of fritters with but slight variations:

Plain Fritter Batter—One cup of flour, half a teaspoon of baking powder, quarter teaspoon of salt, two eggs, and one cup of milk. The dry ingredients should be sifted carefully together and the eggs beaten before they are added to the milk, then the whole beaten until it is very smooth.

Vegetable Fritters

Make the batter in the usual way. Take a small bottle of macédoine of vegetables and drain them; add to them a half teaspoon of salt, a saltspoon of pepper, a teaspoon of sugar, a grated onion, teaspoon of finely chopped parsley, and toss them lightly in half a cup of whipped cream and stir all into the batter. Fry the fritters and serve them in a

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napkin garnished with lemon quarters and parsley. Serve with them fennel sauce, which is made of a half pint of melted butter and a tablespoon of carefully washed and chopped fresh fennel seed. Let the butter come to the boiling point, add the fennel, simmer for two minutes, and serve hot.

For Clam and Oyster Fritters

Steam open twenty-five clams, take from the shells, and chop fine. Take one cup of the clam juice and let it get cold. Make the fritter batter as above, using the cup of clam juice and a half cup of milk; after it is beaten smooth add the chopped clams, pepper, and salt, and fry the fritters in the usual way.

Usually uncooked clams are put into the fritter batter, but this is a mistake, they should be steamed first, for otherwise they never get thoroughly cooked through and the fritter is not inviting. Possibly this is the reason it is not more popular. For oyster fritters take twenty-five oysters, strain them from their juice, let it come to boiling point, drop in the oysters, and let them boil up once, then remove and drain them. When cold chop them. Carefully strain a cup of the liquor they were boiled in and proceed in the same way as was done with the clam fritters. Serve them in a napkin and in a small tureen. Serve a little carefully melted butter with the juice of half a lemon, a dash of red pepper, and a teaspoon of finely chopped tarragon leaves added.

Tuna Fish Fritters

Take one can of tuna fish, flake it, and whip it light with the white of one stiffly beaten egg. Add to it a quarter saltspoon of pepper, a half saltspoon of salt, a half saltspoon of curry powder, and a teaspoon of worcestershire sauce and beat it lightly through the batter, which is ready mixed, using two eggs as usual in it. Fry in the usual way and serve in a napkin with the following cucumber sauce:

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Peel, quarter, and remove the seeds from three cucumbers, cut them in small pieces, put them in a cloth, and squeeze the water out of them. Then sauté them in two ounces of butter until they begin to brown, add a small cup of good brown sauce which has been highly seasoned, and boil together for eight minutes. Turn into a tureen and serve with the fritters.

Sweetbread Fritters

Parboil, blanch, and chop fine one pair of sweetbreads; add to them a small red pepper and half a cup of mushrooms, also chopped fine, one small grated onion, and a tablespoon of chutney syrup; stir into the batter and fry. Serve with a horseradish sauce made as follows: Take four tablespoons of grated horseradish, one teaspoon of sugar, one of salt, and two of mixed English mustard, and half a teaspoon of pepper. Add enough tarragon vinegar to make the mixture the consistency of thick cream. When thoroughly mixed add four tablespoons of sweet cream, set into a double boiler and let it get hot, but do not allow it to boil. Serve at once with the fritters.

Ginger Fritters

Take one half cup of preserved ginger, chop it very fine, and add to it one cup of preserved mirabelles, add to the batter, and after frying serve a flavored syrup or a boiled pudding sauce with the fritters. For all fruit fritters a convenient sauce is made of a cup of sugar and a half cup of water. Melt and boil together for five minutes and flavor with a teaspoon of vanilla, pistachio, rose, almond, orange flower, or oil of clove flavoring. These may be varied with the different fruits used.

Grapefruit Fritters

Prepare the grapefruit the same as for salad, draining slightly if it is too juicy. Add to it six macaroons that have

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been powdered, dust with sugar, and add a teaspoon of vanilla. Mix well with the plain batter and fry delicately. Serve in a napkin with a syrup sauce flavored with pistachio or with the maple and walnut sauce so often used on ice cream.

Spanish Fritters

Make the batter in the usual way. Then open a small bottle of the ready mixed Spanish omelet filling. This is very highly seasoned, and the vegetables and peppers are all cut in the usual way. Add to this a half cup of grated pineapple, if at hand, or a half cup of apple sauce. Add to the batter and fry. Serve with a Russian mayonnaise made in this way. Add enough ketchup to the mayonnaise to color it pink, chop together two olives, a strip of red pepper, a few tarragon leaves, and one small gherkin pickle. Add this to the sauce with the juice of an onion. These fritters are even more hearty if served with a rich, smooth tomato sauce.

Calves' Liver Fritters

Take one pound of calves' liver and boil it until tender. Then remove and chop very fine. Add to it pepper, salt, two tablespoons of apple juice, the juice of an onion, and lighten it with the beaten whites of two eggs. Add the mixture to the batter and fry. Serve with the fritters one small tumbler of melted currant jelly.

Beef Fritters

Chop enough cold roast beef after freeing it from fat and gristle to fill a cup, add to it one grated onion, a teaspoon of chopped tarragon leaves, a teaspoon of mustard sauce, a teaspoon of worcestershire sauce, a quarter saltspoon of pepper, a saltspoon of salt, and whip it light with the white of one egg beaten stiff. Add it to the batter as quickly as it is light, mix thoroughly, and fry at once.

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Lobster Fritters

Take enough cold boiled lobster to fill a cup, and cut it very fine. Add to it a half saltspoon of pepper, a saltspoon of salt, a teaspoon of melted butter, two teaspoons of chutney syrup, and add it to the batter. Fry in the usual way and serve a tartare sauce with the fritters or heavy mayonnaise to which a little whipped cream is added just before serving. Crab flakes or cold boiled shrimp may be used in the same way.

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ART OF CARVING

For the man of family, where the real home table is still maintained and the joint or fowl is carved at table, it is an economic necessity that he understand every branch of the art. Where the carving is done in the kitchen, as in many modern households, the waste and shrinkage is infinitely greater than by the old-fashioned table service, and with the advanced price of living this is most disastrous to a not too plethoric pocketbook.

The first requisite of the carver is a knowledge of the anatomy of the fowl or joint that he is about to dissect. The second is sharp and appropriate knives for the purpose and a platter in every way adequate in size for the contents. He may then proceed with fairly high hopes of success.

The art in carving a turkey is to get as many fine slices from the breast as possible and to sever each joint at the proper point deftly and in the least time possible, so that the guests do not grow impatient and the other viands grow cold.

Every good carver knows that the presence of the wishbone is an obstacle in the cutting of perfect slices from the breast. By taking it out before the bird is cooked the carver can cut down through both light and dark meat in the same slice. To remove the bone slip a knife under each prong and cut upward to the point. Turn the bone backward and then cut out the point of the bone. It will be found that in this way scarcely a shred of meat is lost. If pulled downward the flesh will be torn.

If the turkey has been properly trussed and stuffed and roasted on its breast instead of its back, so that all the

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juices run into the white meat, it should present a plump and compact appearance when placed before the carver with its legs at his right hand. The carver places the fork firmly and securely across the top of the breastbone, so as to have complete control of the bird, and it should not be removed during the operation. He then severs the leg at the first joint; then deftly cuts out the second joint; then removes the wing at the shoulder joint and that leaves the entire side ready for slicing. After as many slices as possible have been removed from the breast, narrow slices from each side of the space left after the removal of the second joint will give enough dark meat to serve a little to each, with a spoonful of stuffing which may be released by slitting the apron which may have been sewed carefully to retain the mixture from falling untidily into the pan while roasting.

If the sinews have been properly removed from the legs by the butcher or the home cook, the legs are proper to serve. This is done by making an incision at the knee joint and with a round skewer draw out the two large tendons, then open the joints back and ten more tendons are disclosed. Draw them carefully if not all as many as can be gotten and then the leg when cooked will be as desirable as any other part of the bird.

The wing should be severed at the joint before serving, as it is a hard joint to manage on the plate. The meat may be cut from the second joint before serving or served as a joint, as the carver thinks best. Of course, removing the neck and turning in the skin with a spoonful of stuffing in French fashion makes the best looking bird when served and gives greater slicing facility.

If both sides of the turkey are to be used at the meal the carver need not remove the fork, but simply turn the bird toward him and grasp the fork with the back of the hand uppermost. The larger roasted chickens and ducks are carved in practically the same manner, though the English method of carving the duck is to take as many slices from

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the breast as possible, carving upward from the wing joint before removing the wing. A tough fowl and an old goose are sad triers to a carver's patience and skill as well as to his temper, but, if the usual rules are followed, these obstacles may be overcome with practice and perseverance.

Lamb Carving

After poultry, perhaps lamb carving in its various phases is the next consideration in the list of carvers' difficulties. The leg is perhaps more often met with as a popular family joint than the saddle, loin, or shoulder; the forequarter is a bit more complicated and requires a little more thought and manipulation on the part of the carver. The leg, carefully roasted, should be placed upon the dish with the leg bone at the carver's left hand. Place the carving fork a little to the left of the center, over the bone, to hold the meat firmly; then carve down the center, first to the right then to the left, loosening the meat from the bone by a sideways motion of the knife. Sometimes the joint is served with the under side uppermost, so that the fine grained piece, known as the Pope's eye, may be easily found, but it is not a general way of serving. The forequarter is a little more difficult to manage, for it is rather an art to separate the shoulder from the breast neatly so that the ribs may be readily reached.

In pork carving, perhaps the greatest trial of the carver's skill is in carving the suckling pig, which is not as apt to be met with as the hams, both cured and fresh are. A few very simple directions may be sufficient.

In carving the wee roast pig first cut off the head. Then the ham and next the shoulder facing the carver. Then remove the slice between the two portions removed which is part of the belly and this will enable the carver to reach the stuffing. The shoulder and ham may then be sliced as well as slices taken from the back. See in serving that each plate is supplied with a piece of lean and a piece of fat meat and a spoonful of dressing.

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Veal Joints

Next are the popular veal joints, which, perhaps, are the least complicated of all. The shoulder is usually boned, then stuffed, so to slice it is no trick at all. The loin, if the butcher knows his business, has been divided so that the joints of the bones are easily found, and with each portion serve a bit of the kidney and kidney fat that lies underneath this cut. The carving of the breast of veal is not dissimilar from that of the forequarter of lamb, the first thing being to remove the shoulder to reveal the ribs. The calf's head is rarely served on American tables whole, but is usually in soup or mode dishes.

In beef roasts and joints the complications are not serious for the inexperienced carver. He must develop his quick intuition and learn to dodge skewers. If they are the old wooden variety they are hard to pull out, but the silver or steel ones are easily removed with the fork or the thumb and first finger of the right hand. A rolled roast is the rib roast with the ribs removed and the meat rolled, tied, and skewered in place. The fat is scored so as to let the meat roll properly, and it is simply carved by slicing across the top from right to left, holding it firmly with the carving fork well placed low on the left side.

The standing rib roast is carved by passing the knife slowly across the heavy end to free the meat from the ribs from right to left, then it is ready to slice thinly. If the roast is a sirloin, it is a good idea for the carver to turn the roast over and remove the under cut so as to serve a slice with each slice of the upper cut.

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MEATS

In purchasing meat for the table, one should be sure, if it is beef, that it is bright red in color and well streaked with fat. Veal should be pink; mutton, a dullish red and streaked with fat; lamb, dark pink; and pork, pale pink. The fat and suet of beef should be just off the white, rather a very faint cream. The fats of the other meats should be white, although that of mutton inclines to be yellowish.

The coarser and therefore cheaper cuts of meat have the same nutritive value as the choicer and more expensive cuts. However, the flavor and tenderness of the latter doubtless have a greater effect in stimulating the flow of saliva and other digestive juices.

Beef and mutton are at their best during the winter months but are used all year around. Veal and lamb are at their best in spring. Venison, when it is to be had, is good after the first frost in fall. The rabbit season lasts from November to February. Nearly all the game birds are at their best around the holidays. Turkeys and capons are good from Thanksgiving time to very early spring. Ducklings are the finest from late August to November.

BEEF

Only the usual cuts of beef that the market affords will be spoken of herein as they are most familiar to the ordinary housekeeper and if an intimate knowledge of them is acquired it will mean an understanding of their best uses in reducing the cost of living. If one is in doubt as to just

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what pieces of meat are the best and is unfamiliar with their appearance, an hour spent in the shop of a good butcher who carries a large stock will be well spent, and they are usually very glad to answer intelligent questions.

In steaks the flat or double-boned sirloin, hip bone sirloin, porterhouse, delmonico, top round, flank, chuck, and pin bone are the best known. The first four are for broiling, the top round and flank though often broiled are better stuffed, rolled, and roasted. The chuck and pin bone are good in stews or meat pies. Of all the steaks the porterhouse is the best for planking.

For roasting there are three prime rib roasts, while the chuck roast is the largest and most economical. The tenderloin is usually larded and served as a filet of beef. The various pieces used for corning are the rump, brisket, navel, and plate.

The usual methods of cooking beef are to roast, boil, broil, fry, braise, and pot roast it. The meat loses in weight in all processes but the most so in boiling. Grilling is cooking before the fire on a spit or in an open oven, the method being more popular in England than in America, though large hotels and restaurants are cooking in this way constantly; but few private homes being equipped with facilities for so doing.

Larding

In what is so-called high-class cookery there is nothing more important than to know how to lard a fowl or a roast properly, as oftentimes upon the success of the operation depends the ultimate tenderness of the meat.

The larding needles come in sets with all sizes needed for all purposes, and require only to be thoroughly cleansed after using to be always in readiness.

The regular larding pork is very deep and has a firm rind. Very sharp knives are required to prepare it without mangling it. It should be cut in strips an eighth of an inch

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square, and from two to ten inches long, according to the purpose for which it is to be used.

Lay the piece of meat to be larded on a napkin on the table where it may be held securely in place with the left hand, while the right hand uses the needle. Force the pork strips into the end of the needle and draw them through the meat one inch apart. If one wishes to have a very fancy roast strips of macaroni may be drawn through the meat and strips of carrot of the same size; then when the meat is done the slices will have the tiny white rings and red cubes all through them. In larding birds use the short needles and smaller pieces of pork, being sure to lard each side of the backbone. Tiny birds too small to lard should be folded in two slices of the pork and tied with kitchen tape.

A folding wooden stool to use when basting meat in the oven is quite a comfort in the kitchen.

Roast Beef

Place the piece of beef to be roasted on a low rack, putting a quarter of a cup of water in the dripping pan below. Put in a hot oven and after cooking fifteen minutes slightly reduce the heat. Allow fifteen minutes to each pound. Baste often and add salt and pepper just before the meat is done. If roasted in a gauze-door range the cooking will be perfectly done and without danger of burning. But a gas or electric oven will have to be closely watched.

Boiled Beef

For boiling use the brisket, put it over the fire in boiling water, allowing it fifteen minutes to the pound in cooking. Let cook evenly and a half hour before it is done add the seasoning. The beef is nice served with horseradish sauce, or cold sliced with any sauce liked.

Pot Roast

A most excellent pot roast larded with macaroni is prepared in the following way:—After larding, lay on a white

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kitchen plate with a small piece of suet in the bottom of it. Cover with a thinly sliced onion, a bunch of soup greens washed and cut fine, a cup of vinegar and two of cold water, a bay leaf, a clove, six raisins, three thin slices of lemon, a teaspoon of salt, a saltspoon of pepper, and a tablespoon of sugar. Simmer and slowly boil for four hours or until the meat is tender, then remove the meat, free it from all vegetables, strain the gravy, thicken it as much as it needs to be, add six fresh raisins, and serve hot in a tureen. Garnish the meat with fresh watercress and serve mashed potatoes so that the gravy may be fully enjoyed.

Sour Roast

Take four pounds of top or bottom round beef, run through with a larding needle a dozen stems of macaroni, lay on the grating in pot on a slice of larding pork. Slice one large onion thin, one carrot, one potato, and add, with a bunch of parsley, two stalks of finely cut celery, six raisins, three cloves, one bay leaf, and a half a bud of garlic. Just cover with cold water and a cup of vinegar, cover closely and boil slowly three or four hours; then remove the meat, strain the gravy, then thicken it to the consistency of honey, add three or four fresh cloves and a dozen seeded raisins, pepper, salt, and a dash of sugar. Serve in a tureen with the meat.

Corned Beef

Select a piece which has not been in corn more than four or five days, wash it carefully, and put it on to boil in cold clear water. When it has boiled half an hour throw off the water and have a teakettle of hot water ready to turn right over it. Then let it boil three or four hours, or until it is perfectly tender. To make sure that you get just the sort of beef that will cut up to the best advantage, it is a good idea for the housewife to select it herself, and then let the butcher corn it for her. Three to

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five days is long enough for the meat to corn. When the meat is done allow it to partially cool in the water.

Coarse Hash

Cut enough of the beef into small pieces to make a cup and a half of meat; cut two boiled potatoes, three medium-sized cold boiled beets, and one medium-sized yellow turnip into small pieces and add them to the meat. Take two slices of fat pickled pork, try it out in a saucepan, remove the rinds, and turn into the hash. Add a saltspoon of pepper, a very little salt, a teaspoon of sugar, and half a cup of hot water. Cover the pan and let the hash cook slowly until all the moisture has been taken up, leaving the hash soft and well cooked. This makes the original New England "coarse hash."

Fine Hash

For the fine hash, made possibly from the last of the meat, take enough cold boiled potatoes chopped to make two cups, and one cup of the chopped corned beef. Put a lump of butter into the frying pan and half a cup of water. Add the hash, seasoning it with salt, pepper, and a teaspoon of sugar, and cover tightly. Cook it until it is just as dry or moist as is liked. A good addition to this hash is a cup of apple sauce; or, if one likes it better, a cup of very finely chopped cold boiled beets.

Beef Loaf

For the loaf take three pounds of chopped raw beef, one quarter of a pound of minced salt pork, one cupful of cracker dust, two teaspoons of salt, one of pepper, the juice of one onion, a tablespoon of worcestershire sauce, one tart apple chopped very fine with one stalk of celery, and two well beaten eggs. Mold together and work in two tablespoons of melted butter; when thoroughly mixed, pack a well buttered

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mold, cover closely, and place in a roasting pan of boiling water. Cook in a steady oven for two hours, turn onto a hot platter, garnish with cress, and serve with a brown gravy.

Rump of Beef à la Mode

Take six pounds of beef from the rump; lard it well with salt pork. Season with salt, pepper, minced parsley, and a dash of nutmeg. Place in an earthen bowl with sliced carrots and onions and pour over it one half pint of brandy. Let it marinate in a cool place for one day, turning it over frequently. Then drain and wipe the surface dry, set it in a saucepan or P. & M. cooker with some fat and roast brown; then add a pint of good white wine, sufficient beef broth to cover the meat, two calf's feet that have been split and blanched, and a few bones. Season with a bunch of parsley tied with celery tops, a saltspoon each of pepper, salt, and thyme, a clove of garlic, two onions, two carrots, and the brandy which was left in the bowl. Let boil five minutes, then cover tightly and set in the oven to simmer two hours. Take out the meat and drain it, and strain the gravy. When nearly cold cut into slices and arrange on an oval dish with the slices overlapping. Place around the edge braised carrots, glazed onions, and some French peas; then pour the strained gravy over all and put in ice-box to chill until the gravy sets in jelly. Garnish with cress and olive rings.

Beef Olives

Take two pounds of rump steak sliced rather thin and cut in six or seven pieces, brush over with egg, roll in a mixture of pepper, salt, savory herbs, minced onion, a little minced celery, a few fine bread crumbs, and butter and fasten with a small skewer.

Lay olives in a stewpan where they fit close together, so as to keep their shape, covering each with a slice of bacon;

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turn over them a pint of well seasoned stock, cover closely, stew very gently for two hours, remove, and place on the platter. Add a little thickening to the gravy, season it a little higher, boil, turn over the olives, and garnish with parsley.

Filet Marine

Cut out the filet from the roast of beef, dust with salt and pepper, squeeze the juice from one onion over it, add a tablespoon of tarragon vinegar and two of best sweet oil, and put it in the oven. Baste it carefully and serve with fried potatoes.

Casserole Roast

Two pounds round steak, cut into small pieces, one can of peas, one half can of tomatoes, one carrot sliced, one onion sliced, four cloves, one quarter cup of well soaked tapioca, one quarter cup of soft bread crumbs, salt and pepper to taste.

Cover with water and cook in casserole in the oven three hours, covered closely.

Kidney Stew

Skin and parboil two kidneys, changing the water frequently. When tender remove the kidneys and cut them into quarters and lay them in a glass of white wine (or Tarragon vinegar) with one clove and three raisins. Prepare a brown sauce from one pound of beef cut fine, a soup bunch, and water enough to cover. Simmer gently one hour; strain, thicken with butter and flour creamed, season, and add the kidneys and the wine. Boil up and serve poured over dry toast sippets for a breakfast dish.

"Bubble and Squeak"

Fry in butter a few thin slices of cold boiled beef, taking care not to dry them up. Lay them on a hot platter and

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cover them with the following sauce: Have boiled very tender and chopped one Savoy cabbage and one quart of Brussels sprouts; drain them after they are chopped. Slice an onion very thin and put in a frying pan with butter, sprinkle with pepper and salt, and when it begins to brown put in the chopped greens. Heat all very hot, dust with pepper, salt, and a teaspoon of powdered sugar, and when the onion is thoroughly done turn all over the beef and serve.

Brown Stew

Take two pounds of chuck meat and cut it in small pieces, being careful to cut it across the grain so it will be tender and not stringy. Flour each piece and have ready in a frying pan a little hot fat. Put in the meat and brown the pieces quickly on both sides, then remove them and put them into the stewpan. Mix two tablespoons of flour with a cup and a half of water and turn it into the fat the meat was browned in and let it slightly thicken, then pour it over the meat with a cup of tomato juice, a saltspoon each of pepper and salt, a sliced onion, and a diced carrot. Bring to boiling point, then simmer, keeping the gravy just deep enough to cover the meat. Fifteen minutes before the stew is to be served drop in the dumplings, season, and cover tightly. Dumplings for the stew are quick ones.

To mix the dumpling batter sift two cups of flour with two level teaspoons of baking powder, one teaspoon of salt, and a cup of sweet milk. Mix thoroughly and drop by tablespoons into the boiling liquid, dipping the tablespoon into the hot liquid often, as the heat makes the batter drop from the spoon more quickly. The dumplings never sink, but float upon the surface. The hot liquid cooks the lower half while the upper half is practically steam cooked. This is why the cover should not be raised until five minutes have passed. It is then safe to raise the cover and take out one dumpling to test, without danger of making the others heavy.

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To test the dumpling tear it apart with two forks. If it has a light, spongy texture with no dough spot in the center, it is done and the rest should be removed at once.

Smoked Tongue

Put a smoked tongue to soak in cold water over night; change the water once. In the morning put it on in cold water and throw in a bunch of sweet herbs. Boil evenly four to four and a half hours, or until tender, then drain and skin and trim it for table use. If it is to be served hot it may be sliced and the slices placed on panned spinach.

Baked Heart

Put a beef heart to soak in warm water for two hours. Wipe it dry and after cutting open the lobes stuff the heart with savory forcemeat, tie the heart with kitchen tape, and bake in covered roaster two hours, basting often. Serve the dish gravy, slightly thickened, and currant jelly with the heart.

Hamburg Steak

Take a pound and a half of round steak and run it twice through the meat chopper and add to it two grated onions, a half teaspoon of salt and a saltspoon of pepper, and a tablespoon of finely chopped suet. Form into cakes or pats and broil over a good fire. Serve on a hot dish with a little lump of butter on top of each.

Beef Croquettes

Chop very fine the left-over ends of steak or roast beef, add to it a grated onion, a tablespoon of finely chopped celery, a half cup of bread crumbs, one beaten egg, a half teaspoon of salt and a saltspoon of pepper, two tablespoons of ketchup, one of worcestershire sauce, and just enough stock to enable the mixture to be molded into croquettes.

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Roll in egg and crumbs and fry in hot fat. Drain and serve with broiled potatoes and garnish with parsley

Tripe

Fine grain or honeycomb tripe may be washed, dried, and broiled on a buttered gridiron, fried in butter, stewed in cream or in a brown mushroom sauce, or cooked in casserole. If liked it is easily digested and nourishing. To cook it in a casserole cut it in pieces, add to it a cup of potato balls cut with the cutter, a sliced onion, a diced carrot, and a half cup of peas. Put in dish with a cup of brown sauce, half gill of butter, a quarter saltspoon of pepper, and a saltspoon of salt. Serve boiled rice with the tripe.

Liver

Beef liver is occasionally used by being boiled, then chopped fine and made into croquettes highly seasoned. But calf's liver is preferred.

Swiss Steak

Take a piece of top round steak, dust it with pepper, salt, and paprika, dredge it on both sides with flour, then put it into a hot frying pan with enough hot fat in it to cover the bottom. Cover the pan and let the steak cook. When done through, pour over it a cup of thin tomato sauce, add the juice of an onion and a half bud of garlic. Cover and simmer gently for half an hour. Serve with the gravy turned over it, on a hot platter, with a border of mashed potato around the edge.

Beefsteak Pie

Cut three pounds of rump steak into small pieces two inches square. Arrange in layers with seasoning, salt, pepper, thin slices of carrot, butter, and the juice of an

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onion. Half fill the pie with water and cross two thin slices of bacon on top. Leave a hole in the crust and bake one and a half hours.

Cooking and Serving of Steak

Almost everyone likes and eats steak if it is properly cooked and invitingly served. As to the choicest cuts, that depends on the amount one uses, the price per pound one feels ready to pay, and the size and location of the butcher shop from which it is purchased. The small shops do not carry all that the big markets do nor can they sell at their prices.

There are two positive points to observe in the production of a successful steak dish; first, the steak must be the best of its kind, and second, the bed of coals must be perfect for its broiling. If gas has to be used, then the flames must be regulated carefully and the broiler hot before the steak goes in, the range door must be left open during the broiling, and the steak must not be near enough to the flame to catch fire. When the steak is to be served plain, take it from the broiler, place it on a hot platter, add pepper, salt, and a generous amount of good butter. If broiled by gas under or over the flame, then turn the juice caught in the drip cup or pan over the meat also, and garnish with parsley.

The so-called "three minute" steaks are cut from the tenderloin about a half inch thick and are broiled three minutes over a perfect fire, then are buttered and seasoned, garnished with fresh cress, and sent to table on a very hot covered platter.

For the favorite "planked steak" the hardwood plank must be heated as hot as possible before the steak is put onto it. When it is done, the macédoine vegetables may be arranged around it, the mashed potato put through a rose tube in the pastry bag and laid on the edge, then the plank should be placed in a hot oven to brown the potato. Serve on the plank at once. No extra garnish is required for this dish.

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There are several ways of cooking a steak in onions; this perhaps is one of the best. Pare and slice thin the desired amount of onions. Melt a generous lump of butter in the frying pan and when hot put in the onions, cover, and when they begin to cook shake them often so they do not burn. Add pepper, salt, and a teaspoon of sugar; when they begin to brown lay your steak on top, cover, and shake gently but continually, turn the steak in five minutes, butter and sprinkle with a little pepper and salt, then cover again and cook another five minutes or less according to the thickness of the steak. Turn right over onto a hot platter with the onions on top and garnish with toast sippets and parsley. "Hamburg" steak is cooked in the same way, only it does not require turning, as it cooks through quicker on account of having been chopped.

"Steak with oysters" is a favorite dish in many localities and is good if carefully prepared. Broil the steak in the usual way, but do not season it. Place it on a hot platter that will stand the oven. Have ready one quart of oysters carefully wiped and all pieces of shell removed, cover the steak with the oysters, dot the top with plenty of little lumps of butter, salt and pepper, and put it into a hot oven, letting it stay until the edges of the oysters curl. Then serve at once, garnishing with toast sippets and parsley.

Steak à la Creole

Select a nice thick porterhouse steak to broil; fry in butter enough thinly sliced Spanish onions to spread a layer over the steak after it has been broiled. Take a cup and a half of strained tomato juice, add one tablespoon of worcestershire sauce, a tablespoon of chutney syrup, pepper, salt, and two tablespoons of finely minced cold boiled ham and a tablespoon of butter. Put into a saucepan and when it has cooked two or three minutes thicken it with cornstarch to the consistency of heavy cream. Put the broiled steak onto a hot platter, spread the onions over the top, then

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pour over it the sauce; garnish with sprays of watercress and stuffed baked red peppers.

Steak en Casserole

Cut two pounds of tender round steak into two-inch-square pieces. Butter a casserole dish and lay in the center a layer of the steak dusted with flour, then a layer of thickly sliced potato dusted with pepper and salt, then the meat, and so on until the meat is all in; then turn over it a gill of melted butter and a teaspoon of chopped parsley. At the side of the meat place a can of French peas that have been drained, on the other side some little silver-skinned onions; add a cup and a half of rich red stock and after covering the dish place it in the oven to cook. The length of time it takes to cook must be judged by the oven, but usually from one hour to one and a half is sufficient.

Steak with Mushrooms

For this dish the steak is broiled in the usual way and put on a hot platter ready for the sauce. To make the sauce, sauté, after draining, one can of button mushrooms; have ready two cups of English brown sauce well seasoned, add the mushrooms to it, and when the steak is ready turn the sauce over it. If fresh mushrooms are to be had, fry them in butter, add pepper, salt, and the juice of an onion to them, and turn them over the steak.

Hungarian Goulash

Select a small shoulder of beef and have it cut into inch squares, add to it one quarter of the amount of chopped onions, season with a level tablespoon of salt, a teaspoon of pepper, and a saltspoon of Hungarian paprika; mix well, cover the saucepan and set it in the oven. When done tender add three cups of raw, diced potatoes; continue cooking and when the potatoes are done the goulash is

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ready to serve. No water is added as the juice of the meat makes sufficient sauce. This should serve ten people.

VEAL

The carcass of the calf usually comes to market with the skin on, the pluck left in, the head and feet removed. When ready to use it is skinned and divided into quarters. The leg is cut off just below the hip joint for roasting purposes. Cutlets are taken from the end of the leg or a thick piece may be taken instead for a filet. The knuckle left after the leg is cut up is used for white soup stock. The rump piece is known as the pin bone roast, though in many instances it is cut into chops, a matter the butcher decides with regard to his particular trade. The shoulder is excellent boned and roasted, the blades and small bones going into the stock pot. The neck rack is good for stewing meat. The calf's liver is the most delicate in market, especially if it is from a milk-fed calf, and contains the least amount of uric acid. The sweetbreads are another delicacy from the calf, and those considered the finest are the so-called round heart breads, the throat breads being longer, thinner, and having more fibrous waste. They are the thymus and thyroid glands; the pancreas or stomach breads are seldom used but are really the true sweetbreads. The law is strict regarding the selling of veal and only that from a calf around five weeks' old is permitted, that under three weeks being known as "bob" veal, and it is against the law to have it on sale.

Roast Filet of Veal

Select a nice filet of veal the size required, have the bone removed, raise the skin from the meat, and put under the flap a nice savory forcemeat. Skewer and bind the veal in a round form, dust lightly with a little pepper and salt, and dredge with a little flour. Place it in a roasting pan and cook. A six-pound filet will take about two hours to

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cook. Baste often and dish the filet, turning over the top a half gill of melted butter. Garnish with fresh cress and lemon quarters, and place a little cold boiled sliced ham on either side of the platter.

Veal Cutlets

Veal cutlets may be delicately broiled and served dressed with butter, pepper, and salt; or they may be fried and served with any sauce that is liked; or they may be spread thinly with a savory dressing, rolled, dusted with pepper and salt, placed in a roasting pan with a cup of rich stock, and roasted for three quarters of an hour in a medium oven, or longer if the meat does not seem done. The gravy may be thickened and seasoned to taste with a half cup of mushrooms, that have been sautéd in butter, added.

Boiled Calf's Head

Have the head split and thoroughly cleaned. Remove the brains and place them, with the head, in warm water to blanch for one hour. Remove the head and put it in a stewpan with sufficient cold water to cover it. When it begins to boil add a teaspoon of salt. Add to the water the juice of an onion, or a bud of garlic, six raisins, a bay leaf, a blade of mace, and a stalk of celery. Let cook until the head is perfectly tender. Boil the brains for thirty minutes, drain, and chop them fine; add to them a half gill of melted butter, a teaspoon of chopped parsley, a saltspoon of pepper, and a half teaspoon of salt. Take up the head, skin the tongue and place it in the center of the platter, turn over it the brain sauce. Remove the meat in large pieces from the head, lay the pieces around the platter, placing a piece of fried bacon on top of each.

Calf's Liver

Calf's liver may be sliced, washed, dried, and broiled on a well greased gridiron, then dressed with pepper, salt, and

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butter; it may be fried with bacon, or it may be smothered in a brown sauce with fine herbs. Again, it may be boiled until tender, then chopped very fine, and be seasoned with a tablespoon of melted butter, a saltspoon of pepper, and a half teaspoon of salt; served on slices of toast with a teaspoon of currant jelly on top of each portion.

Sweetbreads

In nearly all ways of cooking sweetbreads they are allowed to stand in warm water for a few minutes to draw out the blood and to improve their color; they are then plunged into slightly salted boiling water and allowed to boil evenly for fifteen minutes, then drained and set aside to cool. They may then be broiled after brushing over with butter; or they may be fried delicately and served garnished with toast sippets and parsley; or may be put into a Newburg sauce, or any of the other fancy sauces desired. They also combine well in a great many of the so-called made dishes, and are used in salads.

Veal and Ham Pie

Cut two pounds of veal cutlet into small pieces and put a layer in the bottom of the dish. Sprinkle over them a mixture of pepper, salt, a dash of nutmeg, two tablespoons of savory herbs, a strip of lemon peel finely chopped, and the yolks of two hard boiled eggs. Cut two pounds of boiled ham very fine and add in alternate layers until the dish is full, the top layer to be of ham. Add a half pint of water and the top crust and bake in a fair oven from one to one and a half hours. When it is removed from the oven pour in through a funnel at the top a pint of rich hot stock sufficiently rich to jell when it is cold. This pie may be made even more toothsome by the addition of mushrooms, sweetbreads, and oysters.

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Hood of Tripe Roasted

The hood can only be gotten from a butcher who makes a specialty of tripe. Stuff the hood with a good savory stuffing, fold the curtain of the hood over the top, and sew up the opening. Roast one hour in a roasting pan that is covered, basting with well seasoned white stock. Remove the cover, brown the roast, and season and thicken the dish gravy and pour over it. Garnish with fried sliced apple and toast sippets.

Polish Chops

It is seldom that we meet with recipes from Poland, but like all other nations the Poles have their favorite dishes and this is one of the unusual ones. Select as many loin veal chops as are needed to serve one to a portion. Fry them quickly in fat in a hot frying pan. When done remove and drain. Have ready two onions chopped fine with a tablespoon of parsley, and a quarter of a pound of calf's liver chopped with four slices of bacon; mix all together; season, adding a little dusting of sweet herbs, and spread one side of the chops with the mixture. Dot each with little lumps of butter, put them in a buttered baking pan, and turn around them a cup of heavy stock. Let them cook in the oven until the dressing mixture is done, basting often. Remove to a hot platter and turn the gravy over them.

Boiled Tongue

Soak the tongue over night and boil for four hours. When slightly cool skin and trim and it is ready for use. To serve with the cold boiled tongue, which is thinly sliced or served whole in aspic and then carved at table, the Violette mustard which comes all prepared will be found delicious.

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Egyptian Meat Pie

Line a deep pie dish with good crust. Chop fairly fine a half pound of calf's liver and a half pound of fresh pork. Add a half can of mushrooms, cut in pieces, one grated onion, and a chopped pepper. Fill the pie and pour over all a half gill of melted butter, a tablespoon of chutney syrup, one tablespoon of tomato ketchup, and, over the top, a very light dredging of flour. Put on the top crust and bake from thirty to forty minutes in a medium oven.

Calf's Liver Larded and Roasted

Take a fresh milk liver and lard it with fat bacon. Put it into a pickle of vinegar, sliced onion, thyme, parsley, bay leaf, half a bud of garlic, salt, and pepper. Let it stand for twenty-four hours, drain, and place in buttered roasting pan. Baste frequently with the strained pickle juice. When done place on platter and cover with sauce piquante, made as follows: Put into a saucepan two ounces of butter, a sliced carrot, and six sliced shalots. Add a bunch of savory herbs, half a bay leaf, pepper, salt, and a thin slice of lean ham. Let simmer until they form a brown glaze, then add four tablespoons of vinegar and half a pint of good stock, with a lump of sugar. Simmer gently for half an hour, skim off fat, strain, and when very hot serve with the liver. Garnish with sliced lemon and fried parsley.

Bulgarian Chops

Select good-sized veal chops, season them with pepper and salt, and fry them quickly (but not hard) on both sides. Remove from the pan, lay them in a buttered baking pan, and sprinkle over them this mixture: One onion, one pepper, two slices of bacon, and a half pound of boiled tongue, all chopped fine; turn over all a cup of stock and sprinkle with a little chopped parsley. Cook in the oven,

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basting often with the dish gravy. Serve on a hot platter, with a border of boiled rice, and turn the gravy over the rice.

Mushrooms and Sweetbreads

Line a deep pie dish with a good puff paste. Parboil, trim, and dice one pair of sweetbreads, make a rich cream sauce, not too thick, put in the sweetbreads; then slice one cold boiled egg and four truffles, adding the juice of an onion and a tablespoon of mushroom ketchup. While this is cooling prepare a half pound of mushrooms, leaving the flaps whole and washing and slicing the stems thin. Turn the mixture into the pie crust, not using too much of the cream; dip the mushrooms in melted butter, pepper, and salt and pack them in, using quite a number, as they shrink. Add the rest of the sauce if there is room, put on the upper crust, and bake like any ordinary pie. Serve hot with any roast meat dish, cutting in strips and squares rather than in wedge-shaped pieces like a dessert pie.

Cutlet en Casserole

Take a medium cutlet, cut with a sharp knife into three-inch squares, and place them in a casserole dish. Cut with a scoop small round potato, carrot, and parsnip balls, a cup and a half in all, and pare a cup of button onions; add these to the cutlet with one cup of red stock, pepper, salt, a dash of mignonette pepper, and a tablespoon of worcestershire sauce. Take one tablespoon of rice flour and mix it smooth with a little water and add to the gravy, putting in last a half gill of melted butter. Cook in a medium oven an hour to an hour and a half, or until the meat is done.

Jellied Calf's Head

Boil a calf's head, after having removed the brains for use in fritters and the tongue to boil; dice and serve the tongue in tomato dressing for a luncheon dish, and add a bunch of herbs, two onions, a carrot, parsley, a strip of

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lemon peel, pepper, and salt to flavor the same; the head boil until the meat pulls from the bones; then take the meat and let the rest boil down a third; add a wine-glass of sherry and a teaspoon of gelatine dissolved in a little cold water; strain and add to the mold, where the meat has been cut in pieces, cold boiled egg sliced through it, and several olives cut from the stones in curls; fill the mold and stand away to cool and harden; serve garnished with white lettuce leaves and tartare sauce.

Veal Croquettes

Mince the veal that is to be used very fine. Mix half a cup of milk with one teaspoon of flour, a piece of butter the size of an egg; cook until it thickens, then add the meat to it and roll into balls. Dip them in a beaten egg with a little milk stirred in, roll them in browned bread crumbs, and fry in hot lard. Drain on blotting paper and serve garnished with parsley.

MUTTON AND LAMB

Mutton and lamb come to our city markets dressed much the same way as beef—the carcass is divided into sides by splitting down the backbone, after the "haslet" has been removed. The fore and hind quarters are then divided just behind the ribs. The cuts of mutton and lamb are just the same, the leg, the loin, the rack, consisting of the ribs behind the shoulder, the fore quarter or chuck which contains four ribs and the breast. The hind quarters of both mutton and lamb are used for roasting as are the fore quarters, especially those of so-called spring lamb. The leg cut just before the hip bone is used in lamb for roasting, and in mutton for boiling and is often stuffed for roasting after the bone has been removed. In selecting the lamb chops those designated as French chops are most delicate and costly. Loin chops are cheaper, are subject to less waste, are tender, and of just as good flavor. Shoulder

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chops are to be had occasionally when the butcher has not been able to sell the shoulder and meat under it for a roast but as he usually does they are not to be had often. These chops are known as round bone and blade chops, the former being usually the most tender. The breast and flank of mutton are used for stew, and the breast of lamb for stewing and braising. The necks of both mutton and lamb are used for stews and broths. When a saddle of mutton is required it must be taken from a carcass that has not been split down the back and usually it means a special order.

Boiled Leg of Mutton

Select a good, heavy leg of mutton, have the butcher cut and scrape back the meat about four inches from the shank end and skewer it in place; he is also to joint and take out the end bone—this leaves a more compact leg, better for carving. Wash and wipe the joint and plunge it into boiling water enough to cover it, let it boil rapidly for five minutes, then draw it back and let it cook evenly from two to three hours according to the size of the joint. Skim the water and add after it has cooked two hours a teaspoon of salt, a saltspoon of pepper, a half teaspoon of celery salt, and the juice of an onion. When done serve garnished with parsley, and have a good caper sauce in the sauce-boat.

When the leg is stuffed and roasted, after the bone is taken out, the stuffing to use is a savory forcemeat stuffing made of a pint of bread crumbs, one grated onion, a saltspoon of pepper, a tablespoon of chopped tarragon leaves, a level teaspoon of salt, a half cup of pecan nuts ground, a tablespoon of minced celery, and a heaping tablespoon of melted butter; if the dressing seems a little dry a half gill of cream may be added.

Mutton Pie

Take the remains of a cold leg of mutton and cut the meat into thin slices or small pieces. Line a pie dish with

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the crust, place a layer of the meat in the bottom, a layer of potatoes cut rather thick or in balls on top of the meat, little lumps of butter, a saltspoon of pepper and a half teaspoon of salt, a teaspoon of onion juice, a teaspoon of powdered herbs, and then put on another layer of the meat. Keep on in this way until the dish is full; then pour in a small cup of cream in which a teaspoon of browned flour has been stirred until smooth and free from lumps; then put on the upper crust. Bake about an hour. This pie is good hot or cold.

Dormers

Chop half a pound of cold mutton, two ounces of fresh beef suet, and three ounces of cold boiled rice together finely; add a high seasoning of pepper and salt and roll into little sausages. A little bunch of savory herbs adds greatly to the flavor. Dip them in egg, roll them in fine crumbs, and fry a delicate brown in hot fat. Serve with an English brown sauce poured over them. These make a good luncheon dish or entrée. They may be garnished with toasted mushroom flaps in season, or served with stuffed baked peppers.

Italian Cutlets

Take three pounds of the neck of mutton, cut the meat into nicely shaped cutlets, flatten them and cut off some of the fat, dip them in melted butter, then in the beaten yolk of an egg. Mix well together four tablespoons of bread crumbs, one tablespoon of savory herbs, one tablespoon of minced parsley, one teaspoon of minced shalot, one saltspoon of finely chopped lemon peel, salt, and pepper, and roll the cutlets in the ingredients. Fry them a delicate brown in hot fat. Remove from the pan, then dredge into the grease they have been fried in a little flour, and when it begins to brown pour in a cupful of hot stock; add a tablespoon of chutney, two teaspoons of tarragon vinegar, a

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wineglass of port; then allow it to boil up, stirring it smooth. If the gravy should not be thick enough add a little bit more flour; then pour around the cutlets. Garnish with fried red peppers and cress.

Irish Stew

Have three pounds of the loin of mutton cut into pieces of stewing size, put them in a saucepan with four thinly sliced onions, two diced carrots, and a quart of water. Cook gently one hour, then add salt and pepper to taste, eight good-sized potatoes cut in thick slices, and cook gently another hour. Then make quick dumplings, drop in on the top, and cook for fifteen minutes more tightly covered. Lift the stew and if the gravy is too thin thicken it slightly and pour over the stew.

Mutton Pie

Take two pounds of loin of mutton, cut it into small pieces, cut two kidneys in small pieces, grate one large onion, and chop fine a teaspoon of parsley. Place all in a buttered pudding dish and add two large cups of brown sauce, well seasoned. Cover the top with a good pie crust and bake for an hour and a half in a steady oven.

English Mutton Chops

The English chop is cut from two to two and a half inches thick and it takes from fifteen to eighteen minutes to broil. The ordinary chop is from half to three quarters of an inch thick and can be broiled in ten or twelve minutes.

Trotters

The trotters come to market all prepared in bundles. Wash them and place them in a saucepan with boiling water. Cook gently for two hours, or until the bones can be pulled loose. Remove from the fire and when slightly cool remove

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the bones. Escallop the meat in a baking dish, using layers of bread crumbs dusted with pepper and salt, a little chopped parsley, two grated onions, and one cup of tomato juice. Dot the top with little lumps of butter, and bake three quarters of an hour to an hour, according to the heat of the oven.

The trotters may also have the meat removed from the bones and, after being well seasoned, have the water they were cooked in boiled down to one half with a teaspoon of gelatine powder added, and be molded and jelled. When ready to serve lay a slice on a lettuce leaf with a tablespoon of asparagus tips on top and the whole heaped with mayonnaise. This makes a very nice warm day luncheon dish.

Lamb

In roasting a leg of spring lamb, weighing five pounds, it will take one hour and a half in a steady oven, and it will make a sufficient meal for five persons. Real spring lamb first comes to market at Easter time.

Stuffed Shoulder of Lamb

Have the blade bone removed from as large a shoulder of lamb as the market affords and stuff the meat with a savory stuffing, sewing up the slit with a coarse thread. Lay in a stewpan four slices of bacon, then lay in the lamb, and add two grated onions, a half stalk of chopped celery, a small bunch of savory herbs, and one quart of white stock. Stew evenly and gently for two hours. Then lift the meat, lay it on a hot platter, and reduce, by boiling, the gravy to one half the quantity; thicken it slightly with browned flour and turn over the meat. Serve mashed potato, peas, or stewed cucumbers with the lamb.

Lamb Sweetbreads

Soak a pair of sweetbreads in lukewarm water, then place them in a saucepan with sufficient boiling water to cover

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them and simmer for ten minutes. Take them out and place them in cold water; next lard them and place in a stewpan, adding a sprinkling of pepper and salt, a small bunch of green onions, sliced fine, a blade of mace, a half pint of white stock, and a thickening of a little butter and flour rubbed to a cream; stew all gently for twenty minutes. Beat two eggs with a half pint of cream to which add a little minced parsley and a slight grating of nutmeg. Add this to the other ingredients, but do not allow the mixture to boil after adding for it will curdle. Have some asparagus tips, that have been boiled in fair water, ready drained and lay them around the dish as an edible garnish.

Lamb Fries

Take one pound of lamb fries and boil in three pints of water for twenty minutes, drain and dry them on a cloth, dip lightly in egg and roll in very fine bread crumbs to which have been added a saltspoon of pepper, a half teaspoon of salt, and a teaspoon of chopped tarragon leaves. Fry in hot fat a delicate brown. Serve in a napkin and garnish with fresh, crisp watercress.

Crown, or Rack Roast

This roast is composed of the rack of mutton. The upper portions of the bones are frenched; the roast is then folded inside out and skewered or tied in place. Cover the tops of the bones with a little oiled paper so they do not burn. Place the roast in a baking-pan, turning into the pan a small cup of water in which a half teaspoon of salt and a saltspoon of pepper have been mixed. Roast in a quick oven for about three quarters of an hour, basting often. Have ready a dish of light creamy mashed potatoes, and just before the roast is done draw it from the oven, remove the papers from the bones, fill the pot with the mashed potato, and put it back in the oven just long enough to brown the potato on top. Remove from the oven, put little white quilled paper

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caps on top of each bone, and garnish the roast with little heaps of green peas alternated with fried slices of tomato.

PORK

Setting aside the fact of his unattractive habits there is no domestic animal so useful or profitable to man as the much maligned pig, or any that yields a more luxurious or varied repast. Those raised for market have come in recent years under such strict board of health laws that they do not fall heir to the many diseases that formerly made them dangerous eating. Where pork is objected to there are many other fats to take its place, such as nuts, olive oil, butter, and cream, but none can offer to the epicure the delightfully toothsome flavor that the pork possesses. The ham is trimmed to the rounded piece familiar to us in the market, and may be used fresh, corned, or smoked, the latter being the most popular way in use. The boned shoulder is called a "neck sparerib," and is a roasting piece. A heavy shoulder cut short is known in some localities as a picnic ham; it is not a ham, though the meat is of good flavor, and there is a good deal of bone waste to it. The true loin consists of from nine to twelve ribs with part of the hip at one end and part of the shoulder at the other. The loin is used for roasting whole or for chops.

Pork tenderloin corresponds to that in the beef, and laying under the loin is generally sold with that roast, but is occasionally taken out for broiling or frying. The large packing houses, however, furnish the tenderloins in bulk, packed for our markets, and they have become, during their season (winter months), a butchers' staple.

The belly may be corned but it is generally smoked for bacon; when the ribs are removed it is called boneless bacon; when the side is divided lengthways into inside and outside strips, one being fat and the other lean, the latter is known in some localities as clear-sides, while the former is the fat bacon, or larding or pickled pork.

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Boiled Ham

Choose a short, thick, heavy, sugar-cured ham, place it in a ham pot with enough cold water to cover it, bring it gradually to boiling point, and after it has boiled for a half hour have ready a kettle of boiling water and throw off the first water, adding the fresh. Then let it boil evenly until done. A ten-pound ham will take four hours. When the ham is done remove it from the fire and let it stand in the water until the water is cool enough to have stopped steaming. Remove the ham, skin and trim it, dredge the top with a little bit of brown sugar, put a paper frill around the bone, and send to table garnished with watercress.

If the ham is to be served cold then it may remain in the water until it is quite cool; cooling it in this way the juices are kept in and make the meat more tasty.

If the ham is to be baked then remove it from the boiling water when done, trim and skin it, and after skinning sprinkle the fat on top with sugar; stick it thickly with cloves, dust lightly with a little mignonette pepper, place it in a baking pan with a half cup of the water it was boiled in, mixed with a quarter of a cup of honey. Bake for about an hour, basting very often. The last half hour have ready some boiled sweet potatoes, cut them in half, lay them in the baking pan with the ham, let them brown lightly, and serve as a garnish with the meat. This is a southern way of cooking ham.

Baked Smoked Ham

Soak a twelve pound ham over night and in the morning wipe it thoroughly dry, trim it and cover it entirely in a common biscuit crust. Be sure the crust is even in thickness so it will keep the juices in. Place in the oven and bake four hours, then break off the crust, skin and trim the ham. Sprinkle it thickly with brown sugar, stick it with cloves and put it into the oven for a long enough time to melt the sugar. This may be eaten hot or cold. This

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method of cooking makes the ham more juicy and it will keep longer after it has been cooked.

Baked Fresh Ham

Select a short thick fresh ham and have the butcher bone it. Prepare a savory stuffing and after stuffing it place it in a baking pan, dust it with pepper and salt, and place in the pan a cup of white wine, the juice of half a lemon, the juice of an onion, a teaspoon of celery, and the same amount of tarragon leaves chopped fine. Baste very freely and bake two and a half to three hours. Strain the dish gravy, add to it a half cup of white stock, and thicken it with browned flour and butter rubbed to a cream.

Fried Ham

Sliced ham for frying should be cut about a half inch thick. If the ham is salty then put it in a frying pan with cold water and let it come to boiling point, then throw off the water and fry the ham. The ham is generally accompanied with fried eggs. For broiling the ham is cut a trifle thinner than for frying.

Roast Pork

Select a loin of pork weighing six or seven pounds and containing the tenderloin, have the butcher score it, and place it in the roasting-pan, dusting lightly with a little pepper and salt, or turning over it a quarter of a cup of honey mixed with a half cup of boiling water. If the pork is very lean it should be rubbed over with olive oil before roasting, but its own fat is usually sufficient. Baste it often. A six- or seven-pound loin should roast from two and a half to two and three quarter hours.

Pork Pie

Have three pounds of shoulder of pork, or neck, cut into small squares and place them in a stewpan, covering with a

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grated onion, a dusting of pepper and salt, and enough water to cover them. Stew gently until the meat is tender. When done place it in a pudding dish with a cup of diced potato, and a half cup of diced carrot. Boil down the meat gravy to one half, season it well, and turn over the meat. Have ready a good pastry pie crust and cover the pie with it. Bake in the oven one hour and serve hot or cold.

Roast Pig

The pig for roasting comes all prepared to the butcher and it will be thoroughly cleaned by him all ready for the cook to handle, though she must be careful to see that the ears and nostrils are thoroughly cleansed. After stuffing the pig with a good sage and onion dressing then sew up the slit neatly and truss the legs wide apart so that they roast thoroughly. Put the pig in a roasting pan, baste well and often every part of the pig during the roasting process. It will take about two hours to roast a small pig but it will be sufficient to serve about ten people. A tureen of the dish gravy thickened and a dish of apple sauce are usually served with the pig.

Pig's Feet

Pig's feet may be had in the market frenched with the large bones taken out, ready for broiling; they also come ready pickled, soused, or cleaned, ready for boiling at home.

Sausage Meat

Hardly anyone in these modern days attempts to make sausage meat at home, unless on a large farm. Head cheese and scrapple, and the other pork-made products, all come so perfectly prepared that it is a useless waste of time and energy to make them at home.

Lard

Home-made lard is undoubtedly the finest cooking fat there is, though many of the new vegetable cooking fats

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are crowding it into the background. Leaf lard has advanced in price with other commodities, until home-made lard is getting to be almost a luxury. To make it, however, take seven pounds of leaf lard, cut it up into small pieces, and put them into a porcelain-lined kettle with a cup of water, which keeps it from burning until it begins to melt. Melt it down very slowly. When each piece has commenced to shrink and there appears to be half the solid quantity in the pot strain off the first pail of lard. Continue cooking until the solid quantity is again reduced to one half, then strain off another pail of lard; and so on until nothing remains but the cracklings. When the cracklings are cooked down quite hard strain them off, chop them fine, and they may be added to corn meal batter and made into corn bread or muffins. So there is absolutely no waste. When the lard is white, set, and cold put a lightly salted cloth, or a piece of paraffine paper, over the top of each pail and store in a cold place.

Roast Stuffed Tenderloins

Split two pork tenderloins and cut the ends square so that they are the same size. Make a savory dressing and add to it the chopped meat ends. Stuff the tenderloins, tie firmly, or skewer together. While they roast baste them with a little melted butter which has salt, pepper, a spoonful of powdered sugar, and four cloves in it. When the tenderloins are done place them on a platter and make a sauce of the dish gravy by straining and adding to it a cup of sweet milk, thickened with a little butter and flour mixed to a paste. Serve in a hot gravy-boat and garnish the tenderloins with cress and olive rings.

Lomo

Have enough slices of pork, taken from the loin or shoulder and sliced thin enough to broil, to allow two to a portion. Let them marinate for one hour in vinegar to

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which has been added a small quantity of pepper and salt and a bud of garlic; then drain them, wipe dry, and broil on a greased broiler. Serve the slices around a heap of curried rice in the center of the platter, making an outer border of thick slices of cold boiled potatoes that have been delicately broiled.

Sausage Pasty

Make a good puff paste, roll out, and cut into pieces four inches wide and twice as long. Take six or eight good country sausages, remove the meat from the skins, seasoning the meat highly and adding a finely chopped pepper, the juice of an onion, and a little savory spice. Put a tablespoon in each piece of the crust, roll and press the ends together, and bake twenty minutes to half an hour in a buttered shallow pan. Serve two to a portion on a doily garnished with a spray of cress.

Grilled Ham with Bananas

Cut into thin slices the required amount of raw ham and broil delicately. Skin some bananas, cut them in half lengthwise, season with salt and pepper, roll in beaten eggs and fine bread crumbs, and fry in hot bacon fat. Place the ham on a hot platter with a slice of banana on each piece, garnish the dish with parsley, and serve.

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POULTRY

ONE of the first things for the young housekeeper to learn is how to select good poultry, and to learn in the early housekeeping days is to save many dollars and spoiled meals. There is hardly any food commodity more difficult of selection than poultry, unless it is the evasive cantaloupe. We are generally led to suppose that poultry is at its natural best from October until March, but the incubator and cold-storage facilities keep the market supplied with acceptable goods the year around.

Of course the birds that are unnaturally mothered, fed, and fattened may make a fine appearance, but the flavor is not up to the real thing, and they invariably weep away their unnatural fat in the dipping pan, leaving the meat flat and tasteless. A dry-picked chicken, as it is known in market lore, is the best to buy, for those that have been scalded to be more easily plucked and quickly done are subjected to a process that is responsible for much of the so-called ptomaine poisoning. In the season when the birds are not up to their very best they are called "saggy" by the experienced butchers and poulterers. The real spring chicken or broiler is prime in July, August, and September, when its weight averages from two to four pounds. Age in the barnyard fowls makes such a transformation that the spring cock is at one year old only fit for the soup pot or to make jelly of, while the hen of the same age is still tenderly inclined toward the insinuations of the carving knife; that is, if it is good and sharp.

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How to Stuff Fowl

In stuffing a chicken it should not be filled to bursting point, as the dressing, if it is mostly of bread, will sw ll, and if it bursts through it gives a most untidy appearance to the roaster. Chickens split and roasted should be covered until ready to brown, as they burn quickly and dry up before they are really done inside; also they require a generous amount of butter in the cooking. Chicken should be wrapped in clean linen cloths if laid on the ice, and not come in contact with anything that might not be absolutely clean. Ducks are chosen in the same way as the chickens. They are not as economical eating, nor are they as varied in daily usefulness, the chicken being by far the best all rounder.

As regards the toothsome capon chickens, the rule respecting age does not hold good, for there is rarely a more delicious bird to be enjoyed than a well fed and well dressed capon. Age does not dry up the juices, and, like old wine, they grow more mellow with age. At three years old even they are as tender as chicks with the proper chicken flavor fully developed.

It should be borne in mind as a good rule in choosing poultry that the small-boned and short-legged poultry are likely to excel the contrary sort in delicacy of color, flavor, and fine texture of their flesh.

If a chicken is to be used within a few hours of its purchase, singe it carefully and quickly over a brown-paper-flame, or over the gas jet, if not held too close; take out all pinfeathers and, making a three-inch slit in the apron, draw it, being very careful not to break the little green gall-bladder attached to the liver, as, if broken, it embitters the entire flesh and sometimes renders it uneatable. Remove the lungs, which cling tightly to the ribs and are often overlooked by the careless or inexperienced cook, and cut out the oil-bag at the base of the tail that tradition says "goes over the fence last"; wipe out the inside with a clean, dry

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cloth and lay on a clean plate next the ice; do not wash it until ready for use. Free the liver, gizzard, and heart from the intestines, and place with the chicken after cleaning them. If the chicken is not for immediate use do not draw it, but put it in a clean linen cloth and lay it directly on the ice. If drawn too long beforehand the meat dries out too much, and if the weather is damp it gets "slippery"—not an inviting condition—and requires a good washing in cold water to which a trifle of baking-soda has been added to render it wholesome again.

The real chicken season is from early fall to late spring. In very early summer capons for roasting and chickens for fricasseeing are all the market affords outside of cold-storage birds. A chicken is a fowl under two years old. A pullet is a young hen. Broilers are chickens four or five months old. A capon is a castrated cock or spayed hen.

For boiling, a young fowl may be used, always selecting a chicken that is short and thick and one with a deep breast; usually the yellow-skinned chickens are the best for this purpose. If the chicken is properly cleaned, the leg sinews drawn out, and it is carefully trussed, it will boil most satisfactorily and yield a plentiful supply of sliced cold meat. Some housewives drop into the water in which the chicken is to be boiled a small sliced onion, a sprig of celery, a small bunch of savory herbs, a bay leaf, and a sliced carrot, so that after the chicken is done and has been removed from the water the broth may be strained, and when cool the grease removed and seasoned, and then set away to jell. The addition to the water of a few extra pairs of chicken feet, which the butcher always has on hand, will aid the jelling process and will also improve the flavor of the broth.

When selecting a chicken for roasting, procure one that weighs not less than four to five pounds, otherwise it will not yield sufficient meat to pay for the amount of fuel used in its cooking and the trouble in making the dressing, trussing it, and so on. The roasting chicken should be carefully

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cleaned, the pinfeathers removed, the neck also, and the breast stuffed French fashion. The sinews should be removed from the legs and it must not be stuffed too full.

For broiling, the "broilers" are especially appropriate. They run from a pound and a half up to two and a half and there is no finer chicken than this when it reaches the weight of two to two and a half pounds for smothering, frying, for fricassee, or to joint for casserole use.

Maryland Fried Chicken

Place a chicken after having it carefully jointed and cut into pieces in a large frying pan with a heaping tablespoon of butter and one of lard and cover almost to the top of the pan with cold water. Set on the fire and allow it to cook rather slowly for about half an hour, covered tightly. When it begins to brown turn the pieces with a fork. Serve on a hot platter garnished with toast sippets and parsley. If any of the gravy is left in the pan after the chicken has been browned, add to it a cupful of milk in which a little cornstarch and flour has been rubbed smooth, and a little cream; stir carefully until the gravy is fairly thick and smooth, then serve in a hot tureen to use over the mashed potato.

Chicken à la Mount Vernon

Dissolve a tablespoon of plain gelatine in three fourths of a cup of hot chicken stock. Beat until frothy and add one cup of cream and one and one half cups of cold chicken cut into dice. Season with a saltspoon each of salt and pepper. Chill thoroughly. Make a sauce by dissolving one half tablespoon of gelatine in two tablespoons of cold water. Add to it the beaten yolks of two eggs, adding salt, a teaspoon each of sugar and mustard, two tablespoons of lemon juice, and one half cup of hot milk. Cook in double boiler until it thickens. Chill. Pour over

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chicken, and serve with border of rice. Garnish with parsley and tender white stalks of celery.

Poulet à la Marengo

Cut a tender young fowl, after singeing and cleaning it, into eight or ten pieces; put them into a clean stewpan with four tablespoons of the best olive oil, brown them over a moderate fire, and when slightly browned dredge them with about a tablespoon of flour. When that is done pour in a pint of rich stock and let simmer gently for about half an hour, taking off the fat as it rises to the top. Add twenty button mushrooms halved, a saltspoon of pepper, and a half teaspoon of salt, a teaspoon of sugar, and half a bud of garlic. Cook five minutes; then remove the chicken, piling it pyramid fashion on the dish. Reduce the sauce by boiling it quickly and pour over the fowl. Garnish with toast sippets and parsley.

Fowl Pilau

Wash carefully one pound of the best rice, put it in a frying pan with two ounces of butter, and cook it over a slow fire until it is slightly browned, stirring it constantly. Fix the fowl as for boiling, and put it in the stewpan with two quarts of good strong stock. Make a spice bag with forty cardamon seeds, half an ounce of coriander seeds, and a quarter ounce each of cloves, allspice, mace, and half an ounce of cinnamon, and a quarter of an ounce of whole peppers. Drop the bag in with the chicken and let the chicken boil until it is tender; then add the rice and let cook until the rice is tender and almost dry. Fry delicately six strips of bacon, fry in butter three sliced onions, and have ready two eggs hard boiled. Place the fowl in the center of the dish, smother it with the rice, garnish with the bacon, onions and hard-boiled eggs cut into quarters. Serve very hot, removing the spice bag before sending it to table.

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Broiled-Chicken

Select broilers weighing between a pound and a half and two pounds each; split them in half and, when broiled, lay each half on a toast sippet, garnishing with parsley. A half chicken is served to a portion.

Chicken au Gratin

Chop the dark meat, add a small grated onion, a teaspoon of finely chopped celery, a tablespoon of bread crumbs, seasoning, allowing a generous lump of butter to each ramekin of the mixture, with a tablespoon of sherry to each, and a light sprinkling of grated cheese over the top. Bake a delicate brown in the oven. Serve in the ramekins with a tiny dry toast finger at the side.

Chicken Chop Suey

This Americanized Chinese dish is not as complicated or difficult to make as it would seem when one is eating it; it is quite within the possibilities of the home cook. Take the boned meat of a plump chicken with one sliced onion and fry it, after seasoning it well, in hot lard; add a cup of finely chopped ham, a half cup of finely minced celery, a half cup of green beans, a half cup of bamboo sprouts, and a half cup of thinly sliced button mushrooms. Add also a half cup of rich stock, and a quarter of a cup of Chinese sauce. Cover closely and cook until the chicken is tender. Thicken the sauce with flour beaten smooth in two tablespoons of cream, and add a tablespoon of finely chopped parsley. Serve hot with boiled rice, or fried noodles.

Chicken Shortcake

This dish must be put together at the last possible moment and served immediately. Make a good shortcake of biscuit dough. When done split the cake and butter it.

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Have ready a plate of thinly sliced boiled chicken which has been cooled but not iced. Fill the shortcake with the chicken and spread thickly with a good mayonnaise, lay on the upper half, lightly butter the top, then spread it with a small bottle of macédoine vegetables that have been drained, chopped, and marinated in French dressing for one hour, then drained again and mixed with mayonnaise. Serve the shortcake hot and as quickly as possible after laying up. Garnish with sprays of parsley drawn through thin slices of lemon.

Chicken en Casserole

Prepare and stew one tender jointed chicken until tender enough to remove the large bones; spread one cup of fresh boiled rice on the bottom of a well buttered casserole, then the chicken, then a cup of button mushrooms halved and three sliced truffles, a saltspoon of pepper and a half teaspoon of salt, a gill of melted butter, two gills of the water in which the chicken was stewed, the juice of an onion, two tablespoons of grated English cheese, and a gill of sweet cream. Serve with it fresh asparagus with drawn butter sauce.

Chicken Madrilaine

Clean and joint one four-pound fowl and place it in a two-gallon soup kettle with two cleaned and split calf's feet. Add one pound each of washed and cut carrots, leeks, and onions, six tomatoes, a bud of garlic, one teaspoon of curry powder, saltspoon of salt, and a half saltspoon of pepper. Fill the pot with cold water, place it over the fire, and after it has boiled five minutes draw it to one side and allow it to boil slowly and evenly for three hours. Remove from the fire, strain through a coarse sieve, then through cheesecloth into wet molds. This should be very clear when cold. It may be served in cups like cold consommé or small quantities may be melted, to which vege-

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table macédoine or chopped meats may be added, then allowed to jell again. The chicken may be taken from the bones and chopped for hash or salad.

Chicken Compote

Dice enough cold boiled chicken to make two pints; chop two of the livers with three hard-boiled eggs, and dust with pepper, salt, and a little grated nutmeg. Stir two tablespoons of flour into a gill of melted butter and add a cup of the chicken broth; stir three minutes, then add three quarters of a cup of sweet cream. When all is hot, add the chicken and simmer for ten minutes. Beat two egg yolks with a quarter cup of cream, add it and let all cook a minute more; then remove from the fire and add a teaspoon of lemon juice and a tablespoon of worcestershire sauce. Serve garnished with toast sippets and parsley.

Fricassee of Spring Chicken

This is an excellent cold dish and is easy to prepare. Take a spring chicken weighing about a pound and a half and cut the legs and breast in two, season with a saltspoon each of salt, pepper, and paprika. Spread in a sauté pan two finely sliced onions, a bay leaf, thyme, parsley, and a little piece of celery. Place the chicken on top, dust with a spoonful of flour, and cover all with a little of the broth. Cover and cook for twenty minutes, then take the cut chicken and place it in a deep dish. Put two leaves of gelatine into the gravy, then strain and add a little heavy cream to thicken it; baste the chicken thoroughly with this thick gravy, then allow it to cool, covering it with a thin layer of chicken jelly. Decorate with sliced truffles and sprays of fresh cress.

Chicken à la King

Dice enough cold boiled chicken to make two cups. Sauté in a gill of melted butter for five minutes, a cup of

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button mushrooms, a shredded pepper, six thinly sliced truffles, and a tablespoon of worcestershire sauce and the same amount of chutney syrup. Then add one grated onion, two tablespoons of flour, a cup of milk, salt, pepper, and a grating of nutmeg, and the chicken. Bring all to boiling point, then thicken with two egg yolks beaten in three quarters of a cup of cream and four tablespoons of melted butter. More seasoning may be added to taste. A tablespoon of sherry improves the flavor. Serve hot with toasted cheese sandwiches.

Chicken à la Papigo

Chicken à la papigo requires one four-and-a-half-pound frying chicken for three people. Joint, singe, and wash carefully, place in a deep frying pan with a tablespoon of lard and two tablespoons of butter, cover with cold water, set on the stove, and cover closely until it has cooked twenty to twenty-five minutes. Remove the cover, sprinkle with pepper and salt, and pour off a cup of the liquid, dust very lightly with a little flour and brown, transfer to the platter, then turn the liquid into the frying pan, adding one onion, one pepper which has been chopped and fried delicately in butter, and three quarters of a cup of cream. Blend together a little butter and flour and thicken the gravy. Pour it over the chicken, garnishing with cress and triangular toast sippets.

Chicken Pie

Joint carefully a fresh, fat chicken, boil it in fair water, adding an onion, a bunch of herbs, pepper, and salt, until it is very tender. Take from the fire and while hot strip out some of the largest bones, and when slightly cool arrange in the pastry-lined dish the chicken pieces, add a few slices of hard-boiled eggs, and, if they are liked, a few truffles. Then strain over it as much of the water the chicken was

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boiled in as will fill the pie, put on the crust, leaving the opening at the top, and bake it three hours, covering the crust as before so that it does not get too brown.

Chicken Sausage

This is an old recipe said to have been popular in 1752. Take two spring chickens, weighing two pounds each, and chop them fine. Add to them an equal amount of fair pure lard and mix thoroughly, adding a cup of fine dry bread crumbs, the yolks of three eggs, pepper, salt, a little summer savory, sage, and enough sweet milk to bind the mixture so that it may be shaped into little sausages. Heat and grease the frying pan and fry the sausages in the usual way.

Broiled Chicken and Jellied Giblets

Broil the chicken carefully; be generous with the butter over it. Lay it on toast, to catch the draining butter, and garnish with fresh watercress. The giblets of as many chickens as are used may be stewed tightly covered until done. Chop fine, add pepper, salt, juice of an onion, a teaspoon of worcestershire sauce, a dash of sugar, and a teaspoon of very finely chopped celery. Add this to a tomato jelly mixture and let jell in small heart molds. Lay the hearts on a bed of cress, to be served with each portion of chicken.

Chicken Liver Sauté—Chafing Dish

Cut up twelve chicken or turkey livers, season with salt and pepper, and put them into the frying pan with two ounces of butter and three ounces of bacon sliced and cut into inch lengths. Fry on a quick fire for two or three minutes, add half a pint of brown sauce, a little chopped tarragon and parsley. Just before removing from the fire add a little sherry and a lump of fresh butter.

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Use of "Left Overs"

What is remaining the second day of any sort of roast fowl may be neatly jointed and cut into pieces and steeped for an hour in a little vinegar, salt, cayenne pepper, and minced onion. Make a batter of one half pound of flour, half pint of hot water, two ounces of butter, and the white of two eggs; beat the batter well and dip the pieces of fowl in it and fry them in very hot lard; pile on a napkin and garnish with cress.

Capon

The capon is stuffed and prepared the same way as any other roasting chicken, and it is rarely served any other way, unless it is done in a casserole with sweetbreads and mushrooms.

Turkey

For roasting a hen turkey is considered the choicest, though a young gobbler is also very tasty, while a full grown gobbler is only good for boiling. Singe, draw, and remove the tendons from the turkey, truss it and stuff it in the usual way, then place it in the oven on its breast bone, giving it an extra pair of skewer legs to hold it in place. As it roasts in this way all of the juices run into the breast meat instead of weeping away in the pan, and the last minute it may be turned and lightly browned before serving. A ten pound turkey will require even roasting for two hours and a larger one three hours or longer. When the turkey is cooking if it is inclined to brown or burn too quickly lay a sheet of asbestos paper over it. All fowls should be trussed with asbestos cord for it does not burn in the oven.

What to do With Left-over Turkey

If the housewife is possessed of patience the most unpromising turkey rack may be made to yield dainty surprise

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dishes under her careful manipulation the day after Thanksgiving.

If there is enough meat left to slice nicely it may be thinly sliced and covered with a damp linen cloth and placed in the ice-box, and it will do for the next dinner. With the addition of hot vegetables and a fresh salad the second dinner will be almost as good as the first.

Pick all the meat off from the rack and chop it fine; put away half of it with the gravy and dressing for a nice turkey hash on toast.

Take the other half and add a finely chopped onion and a little celery, a few fine bread crumbs and seasoning; fill half green pepper shells with the mixture and plenty of butter, grate a little bit of cheese over the top, and bake a delicate brown. The rack may be jointed up and covered with one quart of water, one can of tomatoes, and a soup bunch. Boil slowly and when done strain and cool. When cold remove the grease, heat, season, and when it boils add quick little dumplings, finely broken macaroni, or rice.

Deviled Turkey Legs

Score drumsticks of turkey to the bone three times. Dip them in melted butter, spread with a little French mustard mixed with a teaspoon of worcestershire sauce, season with a saltspoon each of salt and pepper and three drops of tobasco. Broil seven to ten minutes, basting with melted butter and turning frequently. Serve hot.

Roast Goose

When choosing a goose see that the skin is white, the feet yellow and pliable, and the breast deep and plump. When cleaned and trussed stuff the goose with a good sage and onion stuffing and roast it one and a half to two hours according to the size. Another way of cooking goose is to stuff it with a chestnut stuffing and boil it until it is tender,

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then put it into the oven long enough to brown it well. Serve with a giblet sauce for either dish.

Swedish Roast Goose

Rub inside of the goose with salt and pepper. Stuff with mixture of chopped apples, stoned prunes, cut up, and dried bread crumbs. Sew up and put in a very hot oven. Pour a cupful of boiling water with level teaspoon of salt in pan. Roast until well done, allowing about twenty-five minutes for each pound. Serve with brown giblet gravy.

Ducks

The best ducks that come to the markets in the vicinity of New York are the celery fed Long Island ducks. The canvasback ducks are perhaps a little bit finer in flavor but are double the price of their Long Island cousins. In selecting a duck those that are plump all over will be found the best, for those artificially and quickly fattened for market will weep away much of the fat in the pan and the meat is apt to be greasy and unwholesome. Almost everyone has the poulterer draw the ducks for them, but if it is left for the cook to do it is a simple matter. Cut off the head and with a knife loosen the gullet which takes the place of the crop in the chicken. Make a slit in the apron below the breast bone and by grasping hold of the gizzard the entire intestines may be drawn out including the long canal that is attached to the gullet. Truss the wings back flat; the legs growing close at the sides of the body and being naturally short do not require the tying that chicken legs do. The breast is flat and broad like that of all swimming birds. Stuff the duck with any good stuffing liked and roast from one and a half to two hours.

For the roast duck or duckling, as the case may be, there is nothing nicer than a good savory bread stuffing, though

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many people like an oyster or some other fancy dressing. For the savory bread stuffing, take, the day before it is needed, a loaf of baker's bread and with a sharp knife cut off very thinly the crust of the entire loaf. Then break the bread into pieces and put it into a square of cheesecloth, tie it up, and hang it in the air. When ready to make the stuffing, crumb the bread fine and add to it the juice of a large onion, pepper, salt, a quarter pound of butter cut into small pieces, a teaspoon of powdered sage, a dash of mace, a little sweet basil, a little sweet marjoram, a gill of cream, and one beaten egg. Mix the dressing thoroughly; if it seems a little dry, add nothing more, as the butter and meat juices will moisten it sufficiently. There is one addition many Southerners make to this dressing, which is a slice of pickled pork diced and fried a delicate brown. Roast the ducks or ducklings in the usual way, covering them until they are well cooked through before allowing them to brown. Strain the dish gravy from the roasting pan, add a cupful of rich stock, thicken it with browned flour, and when ready to serve drop into it a dozen large seeded raisins. Garnish the ducks or ducklings with slices of fried tomato and cress.

Ducks and Carrots

Prepare for cooking a few carrots, boil them until they are soft, drain, put them into a saucepan, add enough butter to allow them to mash well; then mash them thoroughly. Add to the carrots a quarter pint of rich stock, a teaspoon of sugar, and a saltspoon each of salt and pepper. Allow them to heat again to boiling point, then rub through a sieve. Have ready some slices of cold duck, lay them in the carrot purée, and let them stay on the stove long enough to heat thoroughly through, but do not allow them to boil. Serve garnished with croutons and parsley. The carrot purée may be made in the morning and left, ready to heat up, until time for getting supper.

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Giblet Pie

Clean a set of duck or goose giblets and put them in a stewpan with a pint of water, one onion, pepper, salt, and a few sprigs of savory herbs. Simmer for one and a half hours, take them out, cut them into small pieces, and let them cool. Line the shallow pudding dish with the crust and have one pound of rump steak cut in small pieces. Put a layer in the bottom, then a layer of the giblets, and so on; then season with pepper, salt, and some lumps of butter and add the strained gravy in which the giblets were boiled. Cover with a top crust, leaving a round hole in it, and bake in a good oven about one hour and a half.

The crust may be covered with a piece of writing paper to keep it from getting too brown. If the cup is used to draw up the gravy in the pie, it is put in the bottom and must be not larger than the hole in the crust so that it may be fished out easily. This is a very cheap and very tasty pie.

Guinea Fowl

This fowl is a cross between the wild bird and the barnyard fowl. Its meat is dark, of good flavor and nourishing. The fowls are good stuffed and roasted, fricasseed with potato dumplings or in the following way.

Guinea Fowl en Casserole

Fix the guinea fowl just as chicken is fixed, adding little potatoes, plenty of butter, pepper, salt, grated onion and white turnips cut in little balls with the potato cutter, a gill of cream, and half a cupful of milk in which a teaspoon of browned flour is mixed, and cook covered tightly.

Pigeon and Squab Cookery

In choosing pigeons it is wise to select the white feathered young birds, as their flesh is apt to be more delicate than

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that of the dark feathered birds, which is stronger and more gamy in flavor. They should be drawn at once. In selecting squabs pick out the short thick birds for they yield the most meat. Both pigeons and squabs must be dry picked.

Roast Pigeons

Clean and truss the birds in the usual way, stuffing them with a small quantity of savory stuffing; pour a little melted butter over them and dust lightly with pepper and salt. Roast for from a half to three quarters of an hour. Add a little stock to the dish gravy, thicken it slightly, and turn into a tureen.

Broiled Pigeons

Fix them the same as squabs (see below), and when done add butter, pepper, and salt. If liked, a little smooth tomato or mushroom sauce may be served with the birds.

Pigeon Pie

Line individual pie dishes with good puff paste; cut a pound and a half of rump steak in small squares. Cut in small pieces three pigeons, lard them with butter, and put them with the steak in a stewpan with a pint of good red stock and let them stew half an hour; remove from the fire, and when cool season and fill the pies, adding a little chopped button mushroom and the juice of an onion to each pie, with enough of the stock to fill the pie. Cover each with a lattice crust and bake until the crust is done.

Broiled Squabs

For broiling, split the squabs down the back, clean them carefully, dust with pepper and salt, butter the gridiron and broil over a brisk steady fire.

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Squab en Casserole

Select plump squabs, clean, and stuff them with savory dressing, truss, and dust with pepper, salt, and a little flour, then lay them into the casserole, which has been well buttered, add a grated onion, a grated carrot, the heart of celery, finely chopped, a few potato balls cut with the scoop, a lump of butter, six raisins, a slice of bacon, a wine-glass of white wine, and a cup and a half of cold water. Wipe the inside of the cover very lightly with a bud of garlic. This should cook at least two hours in the oven and is of course served in the casserole.

Stewed Squab

Prepare the squabs, after cleaning, by cutting them into halves, using enough to allow one bird to a person when served. Put them into the stewpan with a slice of bacon, enough white stock to cover them, and stew a half hour. Dish the birds on toast and thicken the gravy, adding seasoning to taste; then pour it over the birds. Garnish them with parsley and potatoes on the half shell.

Boned Squab

Have one jumbo squab boned. Fill it with savory stuffing and lay it in a well buttered shallow baking pan. Cover for twenty minutes, basting with melted butter to which pepper, salt, and a gill of white wine have been added. Delicately brown it, lay it on a slice of toast, slightly thicken the gravy, turn a little over the squab, garnish with cress and toast sippets, and serve fresh stewed pineapple sauce with it.

Fried Squabs

Clean and split four squabs, wash, and truss neatly. Put into a saucepan a well washed and diced soup bunch, a sliced onion, a bay leaf, three cloves, a tablespoon of

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worcestershire sauce. Lay in the squabs and add two cups of water. Cover closely and cook gently for one hour. Remove squabs and stuff them with sausage meat, dust with flour, roll in egg and crumbs, and fry in very hot fat. Drain the gravy they were boiled in, thicken and season it, and turn it over toast slices on a hot platter and lay the squabs on it, garnishing them with sprays of fried parsley.

To Bone Fowls

After drawing, singeing, and wiping out the fowl to be boned cut off the head. Next cut through the skin all around the first joint of each leg and pull them off from the fowl to draw out the large tendons. Raise the flesh first from the lower end of the backbone and a little also from the end of the breastbone; work the knife gradually to the socket of the thigh; with the point of the knife detach the joint from it, take the end of the bone firmly in the fingers, and cut the flesh clean from it down to the next joint, round which pass the point of the knife carefully; cut round the next bone, keeping the edge of the knife close to it, until the whole of the leg is done. Remove the bones from the other leg in the same way. Next detach the flesh from the back and breast bones sufficiently to enable you to reach the upper joints of the wings. Proceed with these as with the legs, but be careful not to pierce the skin of the second joint; it is usual to leave the pinions unboned, in order to shape the fowl more readily when it is dressed. The wishbone and neck bones may now be easily cut away, the back and side bones taken out without being divided, and the breastbone separated carefully from the flesh. As the work progresses the flesh must be turned back from the bones upon the fowl until the bird is turned completely inside out. After the one remaining bone is removed, draw the wings and legs back to their proper form, and turn the fowl right side out.

In stuffing the fowl and re-shaping very often the legs

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are drawn inside the body, as is the neck, which makes the bird very compact.

Turkeys are boned in the same manner and the legs and neck are always drawn in to help fill the large cavity.

If securely trussed and well sewed the birds may be either boiled, stewed in rich gravy, or roasted after boning, but they must be gently cooked for fear of bursting, and they must not be stuffed too full.

Domestic Rabbit Stew

Select a pair of rabbits that are fat and freshly killed, clean them, remove the skin, and wash thoroughly. Cut, or joint, them, place them in the stewpan, and fill it three quarters full of cold water. Put on the fire and allow it to boil for five minutes, skimming carefully; then add a large thinly sliced onion, one diced carrot, two tablespoons of chopped parsley, and let cook until the rabbit is very tender. Then add six potatoes cut in thick slices; cook twenty minutes longer, then remove the rabbit and vegetables to a hot platter with the skimmer; thicken the gravy and turn over the stew.

Rabbit Pie

Cut up one young rabbit in pieces, removing carefully the large bones. Line a deep pudding dish with good pie crust and put in a layer of the meat, a layer of thinly sliced hard-boiled egg, a grated onion, and a little diced ham; dust lightly with pepper and salt, a grating of nutmeg, and continue in this fashion until the pie dish is filled. Pour over the top a half gill of melted butter and a cup of water to which a tablespoon of chutney syrup, a teaspoon of worcestershire sauce, and tablespoon of tomato ketchup have been added. Put on the top crust, leaving a large steam vent in the center, and bake an hour and a half.

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GAME

INCLUDED under this head are partridges, pheasants, wild ducks and geese, prairie chickens, quail, snipe, rail birds, spruce hens, plover, mud hen, kingfisher, and wild turkey; squirrels, opossums, bear, buffalo, venison, ostrich meat, and terrapin.

All game should be hung with feathers or fur on, but carefully drawn, for a short time, covered from insects. Of course weather conditions govern the time for hanging.

Draw the game birds carefully and wipe them out but do not wash them. It is said that wild game is more easily digested than domestic meat. The birds mentioned are usually broiled, roasted, or cooked en casserole according to taste and their size.

Squirrels are cooked in the same ways that rabbits or Belgian hares are cooked.

Opossums are cleaned, stuffed with any good savory stuffing, or with potato, and roasted for three hours or more according to size, being basted often.

Venison, buffalo, and bear steaks are cut, cooked, and served in the same way as the ordinary beef steak. When the carcass of these animals is cut up it is done in the same way that beef is cut. These meats must be served very hot, for when cold they are heavy eating and unpalatable.

The baby ostrich, weighing from sixty to one hundred pounds, is prepared by plucking, cleaning, and removing head and legs. It is then placed in a tub to marinate in the following mixture: Six pounds of sliced onions, five of sliced carrots, three bunches of parsley, a quarter pound of whole black pepper, two dozen bay leaves, thirty cloves,

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twelve whole allspice, three sliced garlics, four quarts of claret, one quart of vinegar, two quarts of sherry, a pint of brandy, two pounds of brown sugar, a quarter pound of juniper berries, all mixed thoroughly together. Let the bird marinate for three days, turning it often and keeping well covered. Remove the bird at the end of that time and place it in a large pan with about five quarts of water. It must be roasted in a baker's oven not too hot. Baste often with the marinade. After cooking two hours add the marinade and cook from four to six hours until it is a nice brown color.

Serve the bird à la barbacue. Skim and strain the gravy and add to it a cup of fresh horseradish, two pints of currant jelly, salt and pepper to taste, one grated orange peel, and six oranges thinly sliced. Boil fifteen minutes and serve in a hot tureen. This is a rare and unusual dish.

Quail Boiled in Butter

Take one dozen properly prepared quail and put them into three pounds of melted butter. Let them boil evenly until tender. When done, serve on toast garnished with lemon points and parsley, with a dish border of broiled potatoes. The butter the birds were boiled in may be strained and set aside for future use to fry things in.

To Prepare Terrapin

Wash the terrapin by shaking it about in a tub of water holding just enough to immerse it, then plunge head downward into a large vessel of water that is boiling hard. Cook fifteen minutes or until the skin can be rubbed from the legs with a wet cloth. Take out and put again over the fire with just enough boiling water to cover, and when the shells begin to open it is sufficiently tender.

Next pull off the under shell and cut the ligaments which fasten it to the upper shell. There is then just a mass of legs

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and intestines. Pull off the legs and the intestines massed around the liver, eggs, and sandbag only are left. Cut off the liver, taking care to leave enough attached to the gall so as not to break it; take out the eggs and put them with the liver in cold water.

Remove all the meat from the shells and have ready a half pint of good champagne sauce, and allow the meat to simmer in it for fifteen minutes.

The liver may be boiled and added; and the eggs, if any are present, may also be boiled and added to the stew.

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STUFFINGS, SAUCES, AND GRAVIES

Good Stuffing

TAKE one pound of sausage meat and add to it the juice of two onions, a tablespoon of worcestershire sauce, a tablespoon of chopped tarragon leaves, pepper, salt, a teaspoon of finely powdered sage, a tablespoon of sugar, and beat into it the stiffly beaten whites of two eggs. Add two cups of bread crumbs, a half cup of apple sauce, and a half cup of finely chopped celery. Mix thoroughly and last of all stir in the two egg yolks.

Savory Stuffing

This is especially good for geese or turkeys. Take three tart apples, pared, cored, and chopped fine, one onion, one stalk of celery, a teaspoonful of parsley, and a cup and a half of bread crumbs. Chop all fine and mix together, adding a lump of butter the size of an egg, a tablespoon of sugar, pepper and salt, a teaspoon of powdered sage. Moisten all with a gill of cream. If it is not quite moist enough, add another lump of butter, which will moisten it sufficiently when heated, and it is ready for use.

Potato Stuffing

Force eight boiled potatoes through a potato ricer. Add one third cup melted butter, one cup cream, three eggs well beaten together, and two medium-sized onions finely chopped. Beat two minutes and season with pepper and salt.

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Chestnut Stuffing

A very good chestnut stuffing for goslings is made by taking fifty chestnuts, peeled, blanched, and chopped fine; place in a saucepan with two ounces of butter, a half pound of sausage meat, a little minced parsley, half a bud of garlic, and a generous dusting of pepper and salt; cook for ten minutes, add a half cup of fine bread crumbs, and when cool stuff the fowl.

Turkish Stuffing

Parboil two handfuls of rice, peel a dozen chestnuts and cut them fine, add a handful of currants, a few pistachio nuts, a saltspoon each of pepper and salt, and a dash of cinnamon; mix and heat all together. When a little cool, stuff the turkey and garnish with stuffed peppers and parsley.

Forcemeat Stuffing

Cook two finely chopped onions in one ounce of fresh butter for five minutes. Soak the crumbs of a stale loaf of bread in water for ten minutes; press out the water, add two beaten eggs, a saltspoon each of salt, pepper, grated nutmeg, sage, three skinned sausages, and a little chopped parsley. Add the cooked onions and mix well together, then stuff the turkey.

Roast Turkey, Oyster Stuffing

Wash and dry two dozen medium-sized oysters, add a cup and a half of bread crumbs, juice of one onion, dusting of salt and pepper, and tablespoon of celery essence. Stuff the turkey and serve with brown gravy. Garnish with watercress.

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Roast Turkey, Chestnut Stuffing

Peel and blanch a pint of chestnuts, chop fine, and cover with a cup of water in a clean saucepan and boil until soft; rub through a sieve and add to two small cups of bread crumbs, a saltspoon of pepper, half a teaspoon of salt, a dash of sweet herbs and juice of a small onion, two well beaten eggs; mix well and stuff the turkey. Serve with brown gravy, to which add a gill of white wine. Garnish with tiny fried sausages.

Roast Turkey, Macédoine Stuffing

Drain one bottle of macédoine vegetables and add two cups of crumbs, saltspoon each of pepper and salt, a dash of paprika, a half cup of boiled ham chopped fine, and enough stock to moisten it. Stuff turkey and serve with champagne sauce. Garnish with fried parsnips and toast sippets.

Celery Stuffing

Boiled turkey with celery stuffing makes its appeal to the hearty appetite. Chop three stalks of white celery, add a small cup of bread crumbs, two ounces of melted butter, a saltspoon of pepper, a half teaspoon of salt and juice of one onion, two beaten eggs; mix all together and stuff the turkey. Sew up the apron, make a French neck and truss it firmly. Wring a cloth out of cold water, flour it and wrap the turkey in it, and plunge it into boiling water; boil quickly for half an hour, then slowly for three hours for a nine-pound turkey and ten minutes for each added pound. Serve with celery sauce and garnish with parsley.

Sausage Stuffing

Take one pint of bread crumbs and add to them three quarters of a pound of sausage meat; mix well and add a grated onion, a saltspoon of pepper, a half teaspoon of salt, a half teaspoon of sage, two tablespoons of chutney

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syrup, and a small cup of apple sauce. Mix thoroughly and it is ready to use.

Sweet Stuffing

Take a pint of bread crumbs and add to them a quarter cup of very finely minced celery, one cup of finely minced cold boiled chicken, a tablespoon of finely minced boiled ham, a half saltspoon of pepper, a half teaspoon of salt, a half gill of melted butter, a tablespoon of ginger syrup, and a small tumbler of currant jelly. Break the jelly into pieces and beat it through the stuffing.

Nuts are nice added to almost any of the bread stuffings, fresh or salted, chopped or ground fine.

Art of Making Sauces and Gravies

The preparation and appearance of sauces and gravies are of the highest consequence in modern cooking, and in nothing else does the talent and taste of the cook so display itself. Their special suitability for the various viands they are to accompany cannot be too carefully studied in order that they shall harmonize and blend with them perfectly.

Sauces should possess a decided character of their own; and, whether sharp or sweet, savory or plain, should carry out their names in a distinct manner. A sauce may be hot or cold, but a gravy is invariably hot. A sauce is usually served in a sauce-boat, while a gravy is put in a gravy bowl or tureen.

A brown sauce, generally speaking, should not be as thick as a white sauce because it is usually much richer and belongs in a way to the gravy family; the white sauce under its various names should not be thicker than cold honey, as it is intended to adhere to the poultry or other foods that it covers, allowing enough remaining in the dish to put an extra spoonful over each portion in serving. It should

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always be smooth and free from lumps, preferably thickened with butter and flour, rubbed to a paste, arrowroot, or eggs. In thickening the sauce it should reach boiling point but never boil lest it curdle.

On no account must sauces be thickened with enough cornstarch, for instance, to become like custard in texture. A cream sauce must always be served hot and kept hot to be at its best. Browned flour will be found the best to thicken sauces and gravies with. Remember that small quantities cool quickly and as the gravy is served it is wise to set it back on the plate-warmer or over a hot water dish during the serving of the course at which it is used, so that the last helping may be as good as the first and not congealed or greasy by being allowed to stand and cool.

A small double boiler, two smooth saucepans of different size, and, if many sauces are made, a bain-marie pan and saucepans, should all be kept exclusively for this purpose. The latter is a French convenience too little known in the United States. It consists of a deep square pan filled with boiling water into which are set small, covered, straight-sided saucepans holding the sauces, gravies, entrées, or anything that requires an even, steady heat. If the dinner hour is a bit uncertain, sauces and gravies will in this way be kept in perfect condition until they are needed; in other circumstances they would dry out and not be fit to use.

Sauces for fish, meats, game, cooked entrées, croquettes, pâtés, and puddings are all made after rules especially laid down for their concoction, which, if closely followed, will crown the cook's efforts with success.

Fashions in food colorings and garnishings change with the seasons. The popular colors of dress and decoration are followed as nearly as possible in the various dishes, and the recent black-and-white fad accentuated the idea.

The Breton vegetable coloring paste in bottles comes in red, green, violet, brown, yellow and orange and rose. The black note is gained by the use of truffles and caviar. Almost all shades of these colors are possible for sauces; the

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only seeming impossibility is to effect blues, so this must be done by the addition of a floral garnish.

Straight mayonnaise furnishes a beautiful yellow without adding extra coloring matter. Adding enough ketchup it may be made a shell pink, which is most decorative; again adding the spinach coloring matter will make it a tan or a golden brown. The addition of violet mustard will color it violet and a little of the coloring paste added will produce a deeper purple. This gives quite a diversity of colors for salad sauces by the use of the same foundation.

A cream sauce may be left uncolored by thickening it without egg, and dotting it with truffles or caviar before serving makes it a futurist sauce. Again it may be made into a Spanish sauce by thickening it with the egg and a little saffron powder, and adding some chopped red pepper before serving. Cream sauce may be tinted pink and have shrimp shredded through it for a sauce chiffonade to serve with fish. Tinting with spinach coloring and having a little chopped parsley added makes the cream sauce a Dublin sauce to serve with boiled fish or with boiled potatoes.

Tomato sauce requires no extra coloring, being a beautiful red in itself; but with the addition of capers, peas, olive curls, or green pepper strips it becomes a Scotch sauce to serve with chops or cutlets.

Grape ketchup, and melted currant jelly sauce, asparagus sauce, and cucumber sauce are all good natural-colored sauces to serve with fish or meat.

An English brown sauce is a rich dark brown without added color. Foundation sauces may also be used with vegetables.

English Brown Sauce or Gravy

Put two ounces of butter into a saucepan; slice two onions very thin and cook in the butter until they are a delicate brown, then add two pounds of shin of beef cut in small pieces, and two small slices of lean bacon, a half teaspoon of

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salt, a saltspoon of pepper, three cloves, and two quarts of water. Let all boil until the contents are a nice brown color, stirring occasionally; then simmer gently for an hour and a half, strain, and when cold remove all the fat. Turn the sauce back into a clean saucepan and heat. Melt three ounces of butter in a stewpan, sift into it two ounces of flour, and stir until it is a light brown color; when it is cool, add it to the sauce and boil all up quickly. This sauce is good for any warmed-up meat, over hash or cutlets.

Béchamel or French White Sauce

Put into a clean saucepan one quart of white stock, adding one small bunch of parsley carefully washed and chopped, two cloves, half a bay leaf, one small bunch of savory herbs, a half teaspoon of salt, a saltspoon of pepper, and a half cup of button mushrooms. When it has boiled long enough to extract the flavor of all the ingredients, and boiled down almost one half, strain it carefully, wash the saucepan, then return the sauce to it; mix one teaspoon of arrowroot in one pint of cream and let it simmer very gently for five minutes, then add to it the reduced stock and let all simmer gently for ten minutes or until the sauce is of the right consistency for immediate use. As this is what is known as a foundation sauce, different sauces may be made from it by taking a small portion and adding other ingredients to it.

A Good Cream Sauce

Melt two tablespoons of butter in a saucepan, add two tablespoons of flour, one half teaspoon of salt, and a quarter teaspoon of pepper; rub together very smooth, then add one cup of cold milk. Put the saucepan over the fire and stir until the sauce comes to boiling point. Remove from the fire and set the saucepan into a larger one half filled with boiling water to keep the sauce at the right temperature until used.

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French Cream Sauce

This is a sauce to use on mushrooms and sweetbreads. The breads are first parboiled in salt water, then cut in pieces. Button mushrooms cut in halves are added. Take two tablespoons of butter; when melted add the juice of one lemon, a saltspoon of pepper, a half teaspoon of salt, and the juice of a small onion. Have ready a cup of cream in which a tablespoon of cornstarch has been dissolved. Take as much bicarbonate of soda as would rest on a ten-cent piece and put in the butter. When it froths up, add the cream and stir constantly until it is the right thickness. Set back from the heat, add the breads and the mushrooms and, if liked, a wineglass of sherry—a matter of taste. Serve in covered dish. Chicken may be used instead of the sweetbreads, or lobster, scallops, codfish tongues, or oysters, if desired.

Tomato Sauce

Take one can or quart of tomatoes, three chopped onions, one chopped pepper, one clove, a bay leaf, a bunch of celery cut up, half teaspoon of salt, a saltspoon of pepper, and a tablespoon of worcestershire sauce. Simmer for an hour, then add a pinch of bicarbonate of soda and half a cup of sugar. Strain carefully and thicken with butter and flour to which a little cornstarch has been added. Thicken to the consistency of cold honey and strain again if it seems at all lumpy. Pour over the tongue and garnish with cress. For other uses it may be best served in a sauce-boat.

Tomato Curry

Take a tablespoonful of good curry powder, add to a quart of stewed and seasoned tomatoes, place in a pudding dish with alternate layers of uncooked, well washed rice,

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using a cupful of the latter; let the top layer be of bread crumbs, dot with butter, and bake until the rice is done.

Burnt Onions for Gravies

Chop one large Spanish onion and boil it five minutes in a half pint of water; add half a pound of sugar and simmer gently until the mixture becomes nearly black. Then strain the mixture into three quarters of a pint of boiling vinegar, stirring constantly with a wooden spoon. When cold, bottle for use.

Drawn Butter Sauce

Rub three tablespoons of butter with two tablespoons of flour, add a quarter teaspoon of salt, and a half saltspoon of pepper. Add slowly one cup of boiling water and cook until the sauce is thick and smooth.

Though the following sauces are classified they are not limited solely to the dishes for which they are given, and may be used with any foods the housewife may feel she would like to serve them with.

SAUCES TO BE SERVED WITH FISH

Anchovy Sauce

Take one and a half tablespoons of bottled anchovy essence, blend it perfectly with a half pint of melted butter, add a generous dash of red pepper, juice of half a lemon, six stoned and thinly sliced olives, and half a teaspoon of onion juice. Let the sauce boil up for one minute, then serve hot. This is very good over any boiled or broiled fish.

Anchovy Sauce

Bone four anchovies and make a smooth paste of them with one ounce of butter. Melt butter enough to make a

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half pint, stir in the paste and cayenne pepper to taste, simmer for three or four minutes, and add the juice of half a lemon. Serve hot with any sort of fish.

Asparagus Sauce

Take one bunch of fresh asparagus, cut off the green tips and boil them in fair water until they are done but not broken, drain, and set aside to cool. Wash the remains of the bunch and cut the stalks into inch pieces; boil until they are very tender in a pint of water. When done put through a purée sieve, add a cup of hot milk, then thicken slightly with a little butter and flour rubbed to a cream, add a saltspoon of salt, a half a saltspoon of pepper, and the asparagus tips. This is excellent over any boiled or baked fish.

Bombay Sauce

This sauce is served with carefully drained boiled codfish or salmon. It is a rich drawn butter, highly seasoned, and just before serving a tablespoon of madeira wine is added in which a clove and a piece of ginger root have been marinating at least one hour. The fish may be hot or cold, but the edges must not be allowed to dry. Garnish with slices of lemon through which sprays of parsley have been drawn.

Champagne Sauce

One cup of champagne, two cloves, one bay leaf, one teaspoon of sugar, and four pepper corns. Let infuse for five minutes, then add a cup of English brown sauce and simmer ten minutes. Strain into a hot tureen or over broiled blue fish.

Caper Sauce

Cut three dessertspoons of capers in half, wash carefully, and add them to a half pint of melted butter; saltspoon of

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salt and a half saltspoon of pepper; add a teaspoon of anchovy sauce, simmer one minute and keep stirring, and it is ready to serve.

Celery Sauce

Wash and cut into one-inch pieces a large bunch of celery, boil it in salted water until it is tender; put one pint of white stock into a stewpan with a bunch of savory herbs and a blade of mace and let all simmer for a half hour; then strain off the liquor, add the celery to it, and thicken with butter and flour rubbed to a cream. Just before serving add half a pint of cream and the juice of half a lemon; boil up once, add a half saltspoon of pepper and a saltspoon of salt, and serve.

Cheese Sauce for Boiled Cod

Mix two tablespoons of butter with two tablespoons of flour to a smooth paste, add two cups of cold water, and cook until thick and smooth; then add a half cup of grated cheese, saltspoon of pepper and a half teaspoon of salt, and one hard-boiled egg cut in small pieces. Serve in a hot tureen with boiled codfish.

Crab Sauce

Take two large fresh boiled crabs and remove all the meat, shredding it with a silver fork. Take a half pint of melted butter and a gill of cream, a well beaten egg, pepper and salt to taste. Let simmer, and when slightly thickened add the crab meat and a teaspoon of finely chopped parsley. Serve in gravy-boat.

Cucumber Sauce

Pare and quarter four cucumbers, remove the seeds, cut in inch pieces, put in a linen cloth, and squeeze the water out. Put two tablespoons of butter in a saucepan, add

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the cucumber pieces, and shake over a brisk fire until they are a good color. Then add six tablespoons of brown gravy, a quarter saltspoon of pepper, and a saltspoon of salt. Simmer gently for ten minutes and serve. This is an excellent fish sauce.

Dutch Sauce

Take two tablespoons of water, two of vinegar (tarragon), juice of half a lemon, two ounces of butter, a half teaspoon of flour, and the yolks of two eggs. Put all ingredients but lemon juice into a stewpan, let come to boiling point but not boil, and when thick enough remove from the fire. Strain, add the lemon juice, and serve in sauce-boat.

Egg Sauce

Boil four eggs hard, and when cold chop them fine. Melt smoothly a half pint of butter, add a saltspoon of red pepper and a teaspoon of lemon juice. Serve the mixture hot for salt fish.

Fennel Sauce

To a cup of carefully melted butter add one tablespoon of washed and finely chopped fennel seed; let simmer for two minutes. Serve with broiled mackerel, shad, or bluefish.

Gooseberry Sauce for Mackerel

Boil one pint of green gooseberries in water until tender, then strain through a sieve. Put into a saucepan two ounces of butter and three tablespoons of rich stock; saltspoon of salt, half saltspoon of pepper and a half saltspoon of nutmeg; add the pulp of gooseberry and a little sugar and simmer gently together a few minutes and serve hot.

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Hessian Sauce

Beat until thoroughly mixed four tablespoons of freshly grated horseradish, a tablespoon of very finely ground bread crumbs, saltspoon each of salt and pepper, and a gill of sour cream. Then add a teaspoon of lemon juice or tarragon vinegar, and serve with flaked cold boiled salmon or codfish.

Maître d'Hôtel Butter

Work together a quarter of a pound of butter, a tablespoon of minced parsley, a saltspoon of salt, and a quarter saltspoon of pepper. Blend thoroughly, adding the juice of one large lemon. Melt over the teakettle. Serve over broiled fish.

Matelote Sauce for Salmon

Peel fifteen small onions and put them with a half teaspoon of sugar into a two-pint saucepan. Add a quarter of a pound of butter and shake about until the onions are browning, then add a wineglass of sherry and a dessertspoon of flour; stir gently, let it boil; then add a half a pint of water and a gill of good stock. Simmer until the onions are soft, season with salt, pepper, and a level teaspoon of sugar, strain well and serve with boiled salmon.

Mustard Sauce for Fresh Herring

Mix one teaspoon of mustard, one dessertspoon of flour with three ounces of butter; stir in one gill of boiling water and a teaspoon of vinegar; boil five minutes and serve.

Pineapple Sauce

Make a good English brown sauce and when cooked strain and add one fresh pineapple, diced, let boil up once,

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then serve over boiled codfish that has had skin and bones removed and then been slightly flaked with a silver fork.

Sardine Sauce

Bone half a dozen large sardines, make an ordinary sauce of butter and stock, and in this boil the bones and skin with a minced onion, lemon peel, a bay leaf, a saltspoon each of pepper and salt, and a dash of nutmeg. Boil a half hour until well blended, then strain and add the sardine meat cut fine, and serve with boiled haddock.

Sauce à la Alexandre Dumas

This calls for a teaspoon of finely minced chives and the same amount of parsley, the juice of one onion, a tablespoon of olive oil, three drops of tobasco, half teaspoon worcestershire sauce, a saltspoon of salt, a half saltspoon of pepper, teaspoon of tarragon vinegar, and a teaspoon of lemon juice. Mix thoroughly, and serve with raw oysters as a cocktail.

SAUCES TO BE SERVED WITH MEAT, GAME, AND POULTRY

Brown Onion Sauce

Slice and fry six large onions in a stewpan with two ounces of butter; stir them constantly until they are tender and beginning to brown, then pour over them a half pint of rich stock, add a saltspoon of pepper, a half teaspoon of salt, a tablespoon of worcestershire sauce, and a tablespoon of chutney syrup. Let all simmer gently until the onions are very tender, skim off any fat that rises to the surface, then strain all through a purée sieve, put it back into the saucepan to warm, and when it boils up it is ready for use.

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Brown Mushroom Sauce

Put one half pint of good beef gravy into a saucepan, thicken slightly with butter and flour rubbed to a cream, add a saltspoon each of pepper and salt and a half pint of button mushrooms. Let all boil up and add a tablespoon of mushroom ketchup and the juice of an onion. This is an excellent sauce or gravy to serve with any roast meat.

Carrot Sauce

Take one large carrot, wash, scrape, and grate it; put a lump of butter the size of a walnut into a saucepan and when melted add the carrot, then a cup of good gravy or stock, a half teaspoon of salt, a saltspoon of pepper, a little finely chopped parsley, and a spoonful of lemon juice. Let it all stew until it is quite smooth and serve turned over the steak or, if preferred, in a sauce tureen.

Chive Sauce

Make a rich brown gravy of a cup of stock and a cup of milk, thickened with browned flour and butter worked to a paste. Add to the gravy three tablespoons of chopped chives, and rub the platter with a bud of garlic before placing the breaded cutlet on it. Pour the gravy over the meat and serve hot.

Cranberry Sauce to Serve with Turkey

To one quart of cranberries add one pint of water; stew until tender, strain, and add to the juice a cup of sugar. Stew the juice down for ten minutes, turn into small molds, and serve when jelled.

Cream Giblet Sauce

Boil chicken giblets until tender, then chop fine and pour over them a tablespoon of good sherry. Make a rich cream

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sauce; when ready add the giblets and pour over hard-boiled eggs, sliced but not cut through, with crisp little pieces of bacon separating the slices. Garnish with olives and pimentos.

French Onion Sauce, or Soubise

Peel six onions, cut them into quarters, and put them in a stewpan with sufficient water to cover them. Add to them a bay leaf, a quarter saltspoon of pounded mace, the same amount of cayenne pepper, a quarter pound of minced ham, and boil until the onions are tender. Lift them when done and put them through a purée sieve. Have ready a half pint of hot béchamel sauce, put the puréed onions to it, and stir over the fire until it just boils up, then serve.

Horseradish Sauce

Take four tablespoons of grated horseradish, one teaspoon of sugar, one teaspoon of salt, a half teaspoon of pepper, two teaspoons of made mustard, and sufficient vinegar to moisten the ingredients. Just before serving, add three tablespoons of heavy cream. If one wishes the sauce hot, just set the dish it is in into a pan of hot water until the sauce is hot, but do not allow it to curdle.

Mint Sauce

To one cup of hot vinegar add four dessertspoons of chopped mint leaves and two dessertspoons of sugar. This sauce should be made two hours before using, keeping it warm one hour to extract all flavoring from the mint, then cooling.

Marron Sauce for Fowls

Take a half pint jar of the cooking marrons, drain and put them into a half pint of white stock, two strips of

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lemon peel, pepper, salt to taste, three drops of tobasco, a teaspoon of worcestershire sauce, a tablespoon of chopped celery, a tablespoon of onion juice, and a half cup of the liquor the chestnuts were put up in; let simmer until the nuts are very tender, then rub them through a fine sieve, add a quarter pint of hot cream, and if the sauce is a little too thick, thin with a little hot milk. Serve very hot in a small gravy-boat.

Olive Sauce

Carefully stone a cup of olives, blanch them in boiling water, and throw them in cold water for five minutes. Take one half pint of red stock and heat; when it is hot add the olives and let them stew for half an hour. If necessary, thicken slightly with a little butter and flour rubbed to a cream, but do not have the sauce heavy. Add a teaspoon of lemon juice just before pouring it over the broiled steak.

Orange Gravy

Slice one small onion into a saucepan with a half pint of white stock, the juice of an orange, four strips of lemon peel, three leaves of sweet basil, and let the mixture simmer gently for fifteen minutes. Then add a glass of port wine, a saltspoon of salt, and a half saltspoon of pepper, and when it comes to boiling point serve very hot in a covered tureen.

Parsley and Butter Sauce

Take a good-sized bunch of parsley, wash carefully, and throw it into boiling salt water, let it boil five minutes, drain it, mince the leaves very fine, add the juice of an onion, a half saltspoon of red pepper, and pour over it in the tureen a half pint of smoothly made melted butter.

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Sauce for Chops

Mix with one cup of vinegar a teaspoon of grated horse-radish, one tomato, two Spanish peppers, two green peppers chopped, and cook for fifteen minutes. Strain through a sieve and serve with boiled meats or chops.

Sauce Coquette

Melt together one jar of good currant jelly with a glass of port wine. Heat but do not allow it to boil. Serve in a hot tureen with roast duck or guinea fowls, or with saddle of venison.

Sauce Piquante

To one can of tomatoes add one onion, one bay leaf, a clove, a stalk of celery, carrot cut fine, a spray of parsley, a teaspoon of kitchen bouquet, a saltspoon of salt, a half saltspoon of pepper, and a half cupful of good tomato ketchup. Boil gently twenty minutes; if it boils away too rapidly add a little water. Strain and thicken with a blended butter and flour thickening, to the consistence of honey. Add some sliced olives and serve.

Sauce Robert

Put two ounces of butter into a stewpan and throw into it three onions cut very fine; fry them a delicate brown, add one teaspoon of flour, and shake the onions well with it, then add a half cup of heavy stock, season with a teaspoon of mustard sauce, a teaspoon of tarragon vinegar, and the juice of half a lemon. When thoroughly mixed and heated pour over the broiled steak that is waiting on a hot platter.

Sweet and Sour Sauce for Steak

Brown a half cup of sugar with one tablespoon of flour, in a frying pan; add a half cup of stock, three quarters of a

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cup of vinegar, a saltspoon of pepper, a half teaspoon of salt, and a teaspoon of worcestershire sauce, and cook until very smooth, stirring constantly so that it does not catch or burn.

White Mushroom Sauce

Make a good cream sauce, not too thick. Prepare the fresh mushrooms in the usual way, sauté them in butter for five or six minutes, then drain and put them into the sauce. The smaller sized mushrooms are best for this purpose, but if larger ones are used cut the flaps into four pieces. This sauce is excellent to serve with broiled veal cutlets.

Walnut Gravy

This may be used successfully with sweetbreads parboiled and diced, or with breast of chicken, either cooked and boned at home or imported in glass from England. Chop or grind four tablespoons of English walnuts and put them in a pan with a large tablespoon of butter. Fry until the walnuts brown, stirring constantly to keep them from burning. Pour on one pint of very rich stock and let simmer half an hour. Just before serving thicken with one tablespoon of flour, blended with a little butter, and add a few drops of onion juice, a few drops of kitchen bouquet, and a teaspoon of Mandalay sauce or chutney. Lay in the sweetbread or breast of chicken just a minute or two to heat, then serve garnished with olive rings or curls and parsley.

Hot Spice

This is excellent to add to sauces and gravies. Take two saltspoons each of ground ginger, black pepper, cinnamon, seven cloves, a quarter teaspoon of mace, a saltspoon of cayenne pepper, one half teaspoon of grated nutmeg, and one and a half saltspoons of white pepper. Pound the

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ingredients and mix them thoroughly together, and when blended put them into a wide-mouthed, clean, dry bottle and cork it tightly.

The various meat and game essences used in high-class cookery are also a great aid in sauce seasoning, and truffles, mushrooms, and nuts in powdered form are always a rich addition, as are the so-called sweet herbs and spices.

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FOOD GARNISHES AND THEIR MAKING

THE art of garnishing food dishes attractively has been brought to its present high state of perfection chiefly by the French chefs, though each nation has some special ways of accomplishing the same end by the use of things native to their surroundings. The modern table, however, combines all of the ideas developed for this purpose. When not procurable in one's own country, bottled, canned, dried, boxed, preserved, or candied dainties which are famous in their own localites are used and though the foods are not quite in their original state, yet they make very effective substitutes, and to those who have not met them before they are quite as good.

The old-fashioned idea of garnishing merely for the pleasure of the appearance has gradually been done away with, so that now the only up-to-date garnish which is permissible is the edible one. Nearly all dishes require some sort of garnish suitable to them, and a variety of ideas will come to the cook with practice and a little experimenting; there is very little written on this subject to guide her, but frequent visits to public dining places will give her hints that she may adopt and improve upon according to her interest in the subject and the materials she has at hand to work with.

To the cook who makes a specialty of garnishing, the supply of tools is quite formidable. It includes knives for all sorts of plain and fancy cutting, not only for the cutting of vegetables, but of meats, dough, fruits, and eggs; tiny, fancy cutters of all kinds for vegetables; wheel cutters to strip vegetables and meats, egg slicers, fruit corers and parers, olive pitters, potato curlers, hashinettes for mincing

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garnishes, pastry bags, and all sorts of tubes through which mashed potato and other vegetables, the yolks of hard-boiled eggs, and whipped cream may be squeezed and thus prettily garnish planked dishes; various grapefruit and orange cutters, kitchen scissors, and so on through a seemingly interminable list.

Perhaps the simplest way of giving directions about the proper garnishes for different dishes is to take the dinner courses one by one. First one must remind the garnish maker that everything for this use must be of the freshest, must be carefully washed, cooled or cooked just right, and prepared with appropriate tools.

Canapés of different sorts, served oftentimes before the soup, are pretty garnished with finely chopped red pepper, cold-boiled egg put through a ricer, thinly sliced truffles cut in fancy shapes, or olive curls. These last are made by paring the olive round and round like an apple until free from the stone, then spreading the inside with a little sardine or anchovy paste and laying them over the top of the canapé. Shrimps split and dipped in fancy sauces; button mushrooms which have been sautéd in butter and drained; rings of cucumber that have been hollowed out, stuffed with pâté de foie gras, and cut in slices; pepper or cold boiled egg-white rings, sprays of cress, parsley, tarragon, and chervil leaves; all these are good to use with the various sauces which go with the canapés.

The various broths are simply garnished with a spoonful of whipped cream, a spray of parsley or toasted croutons. The soups have the different macaroni preparations to vary the clear ones with, besides dumplings, noodles, toast squares, egg rings, diced meat, and vegetables. Spinach balls are made of boiled spinach chopped, drained, and seasoned, then mixed with a few fried bread crumbs and the beaten white of an egg; they are then rolled into shape, placed in the tureen, and the clear soup poured over them.

For broiled fish, sprays of parsley drawn through slices of lemon cut thin and stuffed baked peppers or tomatoes in

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turnip croquettes, French peas in beet baskets, shrimps rolled in lemon juice and then in minced tarragon leaves, or sprays of fried parsley. Boiled fish depends on the sauce used with it for part of its garnish. Aside from this, lemon quarters and parsley are generally used. For baked fish one may use cold boiled eggs cut in fancy ways, carrots cut in odd shapes, after being boiled tender and cooled, green tomatoes sliced and fried, oysters rolled in thin slices of bacon and fried, or chopped mushrooms which have been sautéd in butter, drained, and arranged in a half hard-boiled egg-white cut lengthwise. For cold fish sprays of parsley, tarragon, chervil, or cress are used with lemon sliced or quartered, and sometimes dipped in minced parsley.

Cold meats are garnished in much the same way as cold fish, with the addition of radish roses, lettuce leaves filled with potato or egg salads, cucumber fingers, cold deviled vegetables, pineapple sticks, red peppers filled with macédoine salad, artichoke hearts in vinaigrette, French sausage pasties, Spanish peppers, violet mustard, mustard and fine herbs, or pickled corn.

Hot meats have all sorts of croquettes as edible garnish. There are tiny vegetable soufflés; rolled pancakes filled with savory filling, then tied with a spray of willow grass; grilled vegetables and macaroni and cheese in ramekins; large steamed artichoke hearts with minced curried ham heaped on them, or the hearts split and stuffed with savory minced calf's liver; potato puffs, molded jellies, and vegetable aspic jelly. Various gravies and sauces also add to the garnish effects.

Sweet garnishes are really in another class; still they may be touched upon here. Angelica and citron, pineapple sticks, preserved and candied fruits, powdered macaroons, stuffed raisins, prunes, and dates, halved or powdered nuts, glacéd fruits, kisses, marrons, fruit compotes and sauces, fancy jellies, and fruit aspic are a few of the better known garnishes which may be used according to the taste of the cook.

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Ice creams frozen in fancy shapes require no extra garnishes, nor do the creams that are served with fancy sauces or in melons, unless one desires to use cherries or cubes of fresh fruit.

Candied rose leaves or mint leaves are pretty scattered over fruit salads, and nasturtium blossoms and leaves are pretty with beet leaves for garnishing cold meat or fish entrées. Omelets are generally garnished with something that indicates their filling. Sweet ones may have whipped cream roses with cherry or nut centers; Spanish omelet takes chopped red peppers or green pepper strips, ham omelet has egg and olive rings, meat omelets have thinly sliced truffles, and those filled with fine herbs take fried parsley and lemon thinly sliced.

A few large seeded raisins added to a brown sauce with a little heap of chopped red pepper improve its appearance. A dusting of savory herbs and mignonette pepper through a fancy tube improves both the appearance and the flavor of a white sauce. Pastry fingers sprinkled with grated cheese and cayenne pepper before baking are good with salad and should be piled log cabin fashion on a doily. Bread sippets are always a useful garnish; after being shaped they may be either toasted or fried in butter.

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RARE TRIFLES FOR THE TABLE

THERE are many imported delicacies shown in the choicer food shops which afford an occasional variation for the daily fare, and at the same time give interesting glimpses of the countries from which they come.

Small sweet potatoes from Mexico are sent to France, where they are prepared in a thin sweetened syrup, with a strip of vanilla bean. Placed in a wide-mouthed bottle, they are sealed and sent back to America to be used as a salad or a relish to be eaten with cold meat. They taste a bit like French chestnuts.

Orange marmalade from Egypt shows the fruit cut in small quarters in a heavy jelly. It is prepared so that it is quite as tender as when done in the old way and has a flavor peculiarly its own.

"Heart of Palm" comes in tall, slender glass bottles for the making of the dainties of salads. It also comes in cans ready for a purée, and in small bottles, spiced and seasoned, ready to use as a relish. It looks like stalks of giant asparagus, and is the color and texture of the pine-apple.

Huckleberries from the Alps have less acid and are sweeter than those Americans are acquainted with and they are delightful to serve with fresh cream cheese. Wild straw-berries from France, fresh preserved prunes, pared white grapes, and mixed fruits in strange syrups, are some of the things good to serve with ice cream.

Japanese kumquats and fresh figs stand on the preserve shelf beside bottles of tiny fresh limes and real roses in syrup. Macédoine of vegetables for salads and soups,

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large French asparagus, artichokes, tiny turnips with olives, and carrots with olives are other bottled novelties.

Sardines and other small fishes, put up with truffles, pickles, or pimentos, in sauces or in oils, offer wide choice. Odd relishes include pickled seaweed, spiced nasturtium buds, tiny ears of corn from France, so tender that they are eaten cob and all, and many varieties of the olive family variously stuffed.

In company with the usual French and German mustard pots, there are those containing mustard combined with fine herbs which color it a beautiful green, mustard with horseradish, and a lilac-colored mustard, "Violette de Brive," all of which are aristocrats in the land of condiments.

Russia contributes caviar and several oddly prepared fish. English and Irish bacon, Virginia hams, Italian sausages and bolognas also engage the attention of the buyer

Fresh cream cheese made to order and molded into heart-shaped baskets is not to be used as an adjunct to the salad course, but is eaten as a dessert with a favorite jelly or jam. Not to be overlooked among the cheeses of all nations is the Blue Stilton of England, a luxury in the cheese market.

There are wonderful pâtés that are to be eaten cold. When served, they have their pastry covers lifted and the guest removes a portion with a hot spoon.

Among the fresh daily offerings is the orchid salad with its delicate red-shaded coloring and dainty flavor. It has to be pulled fresh daily, for it does not keep like its plebeian green cousins, but promptly shrivels and decays if allowed to stand overnight. This dainty was once the exclusive salad used on the tables of Italian royalty. To raise it in the United States a specially prepared soil has been imported and experimented with.

"Heart of palm relish" is new. It is made of the heart of palm cut fine and seasoned all ready to turn out of the bottle onto the toast, in squares or rounds, as preferred. With a little red pepper strip garnish it is ready to serve.

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Japanese mushroom hors d'œuvre is new and delicious. It comes in little bottles that hold enough for four persons if it is served as it is and for six if anything is added to it. The mushrooms are gray on the outside and white at the heart, so they are decorative as well as good. Blanched almonds and tiny green melons are among the ingredients it contains. This may be served on toast rounds lightly spread with anchovy paste or pâté de foie gras, and garnished with egg rings and olive curls.

The possibilities of the Madagascar artichoke hearts are many. For a relish one may scoop out the center with a teaspoon and fill it with sardines flaked and mixed with a little chopped red pepper, half a teaspoon of lemon juice, and a few drops of onion juice. Six artichokes are in each can.

A new cheese has appeared that can be used for the salad course or as a dessert itself. It is made fresh daily and is called "Petits Gervais." The cheese comes in a little roll and belongs to the cream cheese family but has a flavor and texture peculiar to itself. For the salad course it is served with crackers in the usual way. When used for dessert it is sliced, and preserved wild strawberries are served with it, or any other rich preserve, jelly, or jam.

Macaroni, colored green by spinach and red by tomato, is used the same as the white, but it makes very decorative additions to the vegetable course to use the green, plain boiled, around panned spinach with a good drawn butter sauce; and the red boiled and arranged around stuffed and baked tomatoes with a highly seasoned smooth tomato sauce over all.

Imported game pâtés which come tinned may be made into most acceptable entrées by heating and adding to them a suitable sauce. The imported mousse and the purée of game, fish, and vegetables are especially good for sandwich use and are excellent by way of adding variety to those better known.

French sausages come in a can and are quite different

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from our own American product. They must be cut and mashed fine and flavored with a teaspoon of the green mustard which contains fine herbs, a saltspoon of pepper, a saltspoon of salt, and a few drops of onion juice. Spread them on the toast rounds and garnish the canapés with a little chopped red pepper and an olive.

New relishes include the "Churisette," made of hop sprouts, nasturtium buds, cherries, and fresh mushrooms. They are drained and served on pieces of round toast. "Otero" is made of pimentoes, tiny French melons, truffles, and mushrooms, while "Shimsji" has the nuts, melons, and several other savory ingredients.

Herring roes or filets in oil are nice, drained then marinated in French dressing, to use for salad with red pepper and celery.

Tomato Baskets

Select small, high tomatoes. Cut the pulp away on each side at right angles, leaving a handle for the basket made of the base of the tomato, the basket standing on its stem end. Use for holding individual portions of tartare sauce to serve with fish. Arrange around the platter and serve one with each portion.

Aspic Jelly

Put one and a half ounces of powdered gelatine into a saucepan with three and a half cups of good red stock, two bay leaves, four cloves, a small bunch of parsley, a small turnip diced, and a diced carrot, a blade of mace and a small broken stick of cinnamon, six sweet peppers, the juice and the rind of one lemon, one sliced onion, and a teaspoon of salt. Let all boil gently for forty minutes, skimming carefully as it boils. When done have a jelly bag squeezed out of hot water and turn the jelly into it; allow the jelly to drain over a wet mold. Do not squeeze the

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bag as to do so clouds the jelly. Just before taking the jelly from the fire the whites and shells of two eggs should be added and stirred in thoroughly. The eggs clarify the jelly. A white stock used in place of the red stock will make the jelly a light color, while a cup of tomato juice will deepen the color when the red stock is used.

Aspic Jelly for Decoration

The aspic jelly may be poured into a wet dish about a quarter of an inch deep, and when it sets it may be cut with little pastry cutters into stars, half moons, blocks, diamonds, roses, or any odd form for use as an edible garnish, or it may be turned into a wet dish, and just before it sets it may be covered with rows of cooked macaroni cut into rings, fancy-shaped vegetables, or chopped shrimp; if the macaroni is used place in the center of each ring a dot of chopped nut or pickle. When this is a little firm, pour over another layer, dusting the top with a little finely chopped parsley and paprika. When set and chilled cut in fancy shapes with cutters and use for the garnishing of fish or salads. Another way, before the jelly is set, to decorate the top is to put two cold boiled eggs through the ricer, distributing it evenly over the surface. This surface may then be dotted with chopped beet or olives, or with little sprigs of parsley.

Spinach Coloring

This natural coloring is very easily made and is very good for the purpose. Pick and wash two handfuls of spinach, pound the leaves in a mortar to extract the juice; then press through a sieve and put the juice into a tiny stewpan or double boiler. Let it come to almost boiling point, but do not let it boil. As soon as it is done place it in a sieve, so that all the water may drain from it; then the green will be ready for coloring.

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Stuffed Tomato as a Garnish

Select the small yellow or red tomatoes, allowing one for each portion. Put the tomatoes in boiling water for two minutes to remove the skin, remove a portion of the pulp, and fill with any appetizing mixture, such as dressed crab flakes, caviar, celery, cucumber, or use simply the tomato pulp dressed with mayonnaise.

Spanish Relish for Salad Course

Porto de Menzanas, a Spanish dish to use with the salad course—Cream together a quarter of a pound of Roquefort cheese and a third as much fresh butter, add a teaspoon of worcestershire sauce and a dessertspoon of chutney syrup and mix all into a smooth paste, adding, if necessary, a little sweet cream if the paste is too heavy. Peel, core, and slice the round way enough russet apples to allow two slices to a portion, spread them with the paste, dust with paprika, and serve. These are specially good with the alligator pear salad.

Curry Powder

One ounce each of ginger, mustard, and pepper, three ounces of coriander, one of tumeric, one half an ounce of cardamom and one quarter each of Cayenne pepper and cummin seed. Pound all well and sift fine, cork tight in a bottle, and use one teaspoon to flavor a sauce with.

Some Salad Garnishes

Among the prettiest salad garnishes are the young beet leaves in the soft reds and greens, combined with nasturtium flowers and buds in the different shaded yellows. Line the salad bowl with the leaves, put in the salad and add the flowers around the edge against the leaves and put a bunch in the center. The beet and carrot roses cut with a

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tiny vegetable cutter make good garnishes with parsley. The boiled egg rings and the green pepper rounds are effective, especially with fish. Grape leaves are pretty to serve small fruits on in a deep saucer. Strips of angelica, citron, candied fruits, and fresh flowers are used for the sweet garnishes.

Meat Glaze

Dissolve a half ounce of powdered gelatine in one cup of hot water, add one heaping teaspoon of a good meat extract, a saltspoon of salt, and a saltspoon of pepper. Cook down until it coats a spoon or for about ten minutes; then pour into a jar and keep tightly covered in a cold place. When wanted for use place the jar in a larger vessel of hot water until it has dissolved; coat the meat lightly with the glaze, using a brush. This is especially suitable for cold tongue, ham, pressed meats, or game. If desired, a few drops of red coloring may be added to the glaze to give it a more brilliant appearance.

To Brown Flour

Take a cup of wheat flour and spread it evenly on a smooth jelly cake tin, set it in a moderate oven, and as it dries stir it carefully and watch it until it gets the proper shade of dark brown, but do not upon any account allow the flour to scorch, as that ruins the flavor. While it is in the oven stir it often enough to keep the color even and when done turn it into a wide-mouthed jar and cover tightly. This will color gravies while thickening them and is much richer than the white flour.

To Dry Sage

When drying sage for winter use it is well to pick it the day after a good rain and after the sun has dried off the leaves. Strip the leaves from the stalks, dry them carefully

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on sheets of white blotting paper, and when fairly dry place in a cooling oven at night to finish them. Then pack away in airtight jars, powdering for the flavor only as many as are needed at a time.

Frosted Holly Leaves

Select fresh sprays of holly, pick the leaves from the stalks, wipe the leaves clean, then place them on a pan near the fire to get thoroughly dry, but do not allow them to shrivel. Then dip them into melted butter, sprinkle them with coarsely powdered sugar, and then dry them before the fire, pack in wax-paper lined box, and store in a dry place. These leaves make very pretty winter garnishes.

Home Stuffed Olives

Stuffed olives are accounted among the table delicacies and are rather expensive to use freely on the at-home menu. They are also restricted to four or five fillings, the better known of these being pimento, celery, blanched almond, anchovy, and a smaller olive; but at home many other fillings are possible and if one is equipped with an olive-pitting machine the olives may be prepared simply and easily to receive the various fillings.

There are three excellent varieties of olives that come in bottles and in bulk, these being the French olives from Provence, the Spanish Olives, and the Italian olives from the city of Lucca. California olives, too, are very fine and may be favorably compared with the best European ones.

The fresh olives put up in oil are fast coming into general favor for use in salads, sauces, and relishes, and are well liked by most people who have tried them; but the olive most generally liked is the one put up in the slightly salted brine, the largest variety of which is the best to buy for at-home stuffing, this usually being the Spanish olive, its slightly bitter taste adds a certain distinctive flavor that combines well with any sort of stuffing.

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When ready to stuff olives for any special occasion take from the bottle, or from the crock if they have been purchased in bulk, as many as are needed for the occasion and rinse them in cold water. Next pit them with the olive pitter and drop them into cold water to firm them while preparing the stuffing. The most convenient instrument for the stuffing of olives is the little silver marrow fork. After the olives are stuffed, they should be laid between lettuce leaves and kept very cold so that they do not dry out.

To serve with chicken salad, the olives are very good when stuffed with sardine paste, well seasoned; with red peppers and lemon juice, or with pâté de fois gras, a few drops of onion juice, a saltspoon of mignonette pepper, and a teaspoon of chutney syrup.

To serve with lobster salad the olives may be stuffed with a filling made of a little crab meat, to which a little chopped red pepper and a chopped gherkin, pepper and salt to taste, and enough mayonnaise to make a paste have been added; or they may be stuffed with a little cream cheese which has had half the amount of Roquefort cheese added to it, with enough French dressing to make a smooth paste and a few very finely chopped pecan nuts.

To use stuffed olives with a fruit salad, fill them with a paste made of cream cheese and orange marmalade, enough sweet cream being used to bring the paste to the proper consistency; or cream cheese with chopped pecan nuts and honey enough to make a paste will be found excellent.

For the vegetable salad steam open six clams, chop them fine and drain, add to them a little chopped red pepper and a teaspoon of fried bread crumbs, also enough mayonnaise to bind the mixture into a paste; or the olives may be stuffed with dry grated cheese moistened with a little apple sauce.

A novel breakfast dish will be found in olive tarts. The tart shells are made of pie crust and are large enough to hold four olives each. The olives are stuffed with well-

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seasoned sausage meat, then laid in the shells, dusted with pepper, salt, a teaspoon of fine bread crumbs, a teaspoon of grated cheese, and a tablespoon of English brown sauce. Bake the tarts in a moderate oven until the crust is done and then serve them on a hot platter garnished with fresh cress and sliced broiled potatoes.

A good luncheon dish is made of the olives stuffed with a little red pepper and minced chicken which has been made to a paste by adding a little whipped cream. Now drain and halve one can of button mushrooms, fry them a delicate brown in butter, have ready a pint of English brown sauce, put the olives into it, and let them simmer gently until tender. Then add the fried mushrooms, have ready one small loaf of baker's bread carefully hollowed out, leaving the top to serve as a cover, whole. A bow of ribbon may be drawn through this and tied on top to serve as a handle. Into this bread shell turn the olive and mushroom mixture, put on the cover, and garnish with lemon quarters and parsley.

Another good luncheon dish is made by stuffing the olives with a little finely minced cold roast beef, to which a little grated onion has been added, with pepper, salt, and a teaspoon of chutney syrup. Stew the olives gently, after stuffing them, in a pint of rich red stock. When they are done take them out with a skimmer and lay them on a hot plate; then slip into the stock a few thin slices of cold roast beef; when these are hot and have boiled up once, take them up with a fork and lay them on a hot platter, turn the olives over them, slightly thicken the gravy and turn it over all. Garnish the dish with toast sippets and parsley, and fried sweet potatoes.

Olives enter into the making of many different cooked, as well as uncooked, sauces. If they are to be used for a cooked sauce, however, it is a good idea to cook them first in fair water until they are tender, which is usually from eighteen to twenty-five minutes with the stones in, and generally about fifteen when they have been stoned before

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cooking. The olives do not lose their color in boiling in fair water if left uncovered and kept boiling constantly. The water should be changed twice during the boiling to remove the salty brine taste. Olives stoned, then boiled in this way, may be carefully drained and added to a rich cream sauce into which six truffles have been sliced and served as a vegetable with broiled sweetbreads. They will be quite a relief from the ever-present green peas.

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VEGETABLES

To have plenty of fresh, properly cooked vegetables on the home table is a piece of economy as well as an adjunct to good health not to be lightly considered.

First, the vegetables must be good, fresh, and up to the season's standard. Second, they must be clean, for nothing is as bad or inexcusable as insufficiently washed roots or green stuff. Those destined to cook in boiling water should be put in boiling and not tepid water. Those that are to be cooked in cold water need not stay in cold water all day on the back of the stove so as to be ready, getting sodden and flabby, although thinly sliced potatoes for frying are better to stand in cold water for a while to remove the starch from them, as they fry better.

Some vegetables are decidedly medicinal in their qualities. Take the asparagus, for instance; it always has been looked upon as diuretic, containing albumin and some salts, also a substance similar to sago. Beans and peas are considered quite as nutritious as meat. Endive, chicory, and other lettuces are considered the best possible solvents of bile. The cucumber and melon families have the laxative properties, while the celery is the nervine. Carrots and spinach bring the iron to the blood and clear the complexion. Horseradish is a great spring stimulant to the stomach and forms the basis of a number of tonics, tinctures, and syrups. The onion contains volatile oil, sulphur, albumin, phosphoric acid, and lime; boiled they are most apt to agree with the general stomach, though raw and fried they are also popular, and baked are very tasty.

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They form the basis of many flavorings and are excellent for the liver and the skin.

A few ideas along the line of what effect different foods have upon the system may help in choosing that which particularly suits the family needs.

The parsnip is quite a nourishing vegetable and a meal made from it makes a palatable bread which when toasted is good for children and invalids. Next to the cereals the potato is the most valuable plant for the production of human food. Sea kale raised on the English and Irish shores is very light and easily digested and is a stimulant with the same properties as East Indian asparagus. The tomato used as an esculent is endowed with many properties of more or less value to the human system and has grown to be a great table staple, in sauces, soups, ketchup, and stews, and raw for salads.

The native corn has the same nutritive qualities that are contained in the asparagus and green peas. Truffles, mushrooms, and turnips seem to be of doubtful food value and the cabbage family comes under the same law, the cauliflower being the most easily digested member of the family.

Apples purify the blood, feed the brain, help to eliminate impurities from the system. They should be ripe when eaten, and may be scraped for little children, who are not likely to masticate their food carefully enough. Bananas contain considerable phosphorus and are easily digested. They are specially good for mental workers. Chestnuts contain a large proportion of starch, and when boiled and sprinkled with salt are nutritious and easily digested. Dates and figs have many of the same properties, and are warming, nourishing, and sustaining, besides having laxative properties.

Tomatoes are good for everyone inclined to a sluggish liver, as is endive, the famous bile destroyer. All the old superstitions as to their creating cancer and making rheumatic conditions have been exploded. Strawberries contain phosphorus and iron, which make them particularly good

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for anæmic persons. Lettuce is purifying to the blood and soothing to the system. Celery has much the same effect upon the system. Spinach is rich in iron, and carrots and beets are most useful in the diet manual. Humanity should make a courtesy to the onion family as a whole, for each branch is of incalculable value in health insurance.

It is claimed for the ordinary white or Irish potato that next to the cereals it is the most valuable plant for the production of human food. It is in the starch quality that the nutritive properties are contained, and there are few with whom they do not agree and who do not thrive on the liberal use of them as a daily food.

Early spring asparagus cannot be used too freely by those who enjoy its flavor. It is one of nature's natural kidney physics.

What substitute our best chefs and home cooks would use if suddenly deprived of the aromatic onion, which plays such a prominent part in savory dishes, is a problem. The onion, leek, garlic, and shalot belong to the same family and show many of the same traits, each throwing off an acrid and penetrating acid which brings tears to the eyes of the most cheerful cook during the operation of paring them.

The onion is not only used as a vegetable, flavorer, and general cooking agent, but medicinally it is highly valued, the onion tea being a remedy for gall stones and rheumatic troubles. The leek is used almost entirely as the soup and stew flavorer; garlic is used most sparingly, as it requires only a trifle to strongly flavor anything with which it comes in contact. The shalot being the tenderest is used in the so-called fancy dishes with the wine and cream sauces, but the onion is usable in a dozen or more independent dishes.

It is well to remember that all green things that grow above ground should be cooked in water that must boil as they are added. The pot should not be covered or the vegetables lose their color. All the root crops may be put on in cold water and allowed to boil covered to make them tender.

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Cabbage is not nearly as much used as it might be in the variation of our table vegetables. Prejudice has much to do with its non-appreciation by the family, though it is treasured below stairs. Perhaps its plebeian origin, coupled with its long association with corned beef, may have something to do with the matter. However, it is time to separate it from the aforesaid beef and try it in some of the many good ways which have restored it, in a number of localities, to the home table.

Of course, there is one fundamental rule governing the cooking of all vegetables—that when a vegetable is tender enough to be pierced easily by a fork, it is perfectly cooked and should be removed from the fire at once. Besides this general rule, however, which most women know, there are countless little rules which, if observed, will greatly enhance the flavor of certain vegetables.

Beets, parsnips, turnips, corn, peas, and winter squash, for instance, must always have sugar in their seasoning—about twice as much as the quantity of salt. Squash is drier, and of better flavor, when baked or steamed. Onions are void of all offense if parboiled for ten minutes with a level teaspoonful of ginger in the water, then boiled as usual in salted water. When they are cooked in this way, there is no odor in the house nor on the breath, and no indigestion is caused. They should be boiled fast, and uncovered.

All vegetables should be kept dry and cool. Lettuce and other things designed for salad use are the only ones that require close proximity to the ice, but it is better for them not to come in direct contact with it.

For variety as the winter advances let the housekeeper try the dried vegetables. There are a number of them and with proper treatment they are quite a refreshing change from the canned things. Perhaps the navy beans are the oldest and best known acquaintances in the dried line, and there is nothing nicer for Sunday morning breakfast than a pot of properly baked "Boston baked beans."

To be just right the beans should soak several hours,

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then be boiled until they are tender, with a pinch of bicarbonate of soda added to the water as they boil. When done place them in the deep dish or pot with a piece of pickled pork, well scored, in the center, a half cup of molasses, pepper, salt, then fill the dish with the liquor they were boiled in, cover, and bake for several hours. When nearly time to serve, uncover them and let them brown. The dried lima beans, after thoroughly soaking for several hours, may be boiled until tender, then served with a French sauce of melted butter, pepper, salt, a dash of sugar, and a tablespoon of vinegar. They also make a most excellent salad mixed with chopped nuts and green peppers, with a French dressing.

The haricot and the red kidney beans are good soaked and boiled, then used with a cream dressing. Lentils are greatly in favor for broths and soup foundations or to add to the stock pot to give richness to it. The green or yellow split peas are well known and liked for soups and purées. The dried mushrooms are very handy for soups and sauces as well, and a half pound will do wonders in the hand of the experienced cook. Dried red peppers may be soaked in olive oil for a while, then be quite in condition to stuff and bake or use in salads.

Fileted Artichokes

Use the Jerusalem artichokes. Pare and boil them until tender in clear water, cut in thick slices, roll in egg and fine crumbs, and fry a delicate brown. Serve garnished with lemon and parsley sauce. The sauce is made by melting one ounce of butter and stirring into it a half ounce of flour. When smooth, add a quarter of a pint of milk and stir until it boils, add a tablespoon of chopped parsley, dash of pepper and salt, and six drops of tarragon vinegar.

Artichokes

Take six artichokes, wash carefully, then plunge into a half gallon of boiling water containing a soup bunch, a

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tablespoon of salt, and a teaspoon of pepper. Boil until a leaf may be easily pulled out, remove and drain them; serve in a napkin with melted butter or a rich white sauce.

Time for cooking thirty minutes. Sufficient for six persons.

Jerusalem Artichokes à la Tarragon

Pare and boil fifteen medium-sized Jerusalem artichokes thirty minutes. When done put them in a hot covered dish and turn over them a sauce made of a half cup of melted butter to which add a teaspoon of lemon juice, a half saltspoon of red pepper, and a saltspoon of salt. Wash and strip the leaves from four stems of tarragon, chop the leaves fine, and add them to the sauce. Serve at once garnished with toast sippets. This should serve six people.

Escalloped Aguacate (Alligator Pear)

Pare, seed, and dice two pears and add to them one cup of fine cracker dust. Put in a buttered pudding dish, dust with a half saltspoon of pepper, a saltspoon of salt, a teaspoon of sugar, and a grating of English cheese. Break two eggs into a cup of cream and pour all over the mixture. Bake a delicate brown in a medium oven. Bake thirty minutes. This should be sufficient for four people.

Boiled Apples with Cream and Cheese Sauce

Pare, core, and boil six large tart apples until tender when pierced with a straw. Drain and set them on a hot dish. Have ready a rich cream sauce, not too thick; add to it a tablespoon of sugar and a half cup of grated cheese. Pour the sauce over the apples and serve.

Boiled Asparagus

Wash and trim a bunch of fresh asparagus; tie the stalks with kitchen tape in as many small bundles as there are

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portions to be served. Plunge them in a deep, round pot of boiling water that has a teaspoon of salt in it. The pot should be small enough around so that the asparagus stands up as it boils. The water should be kept one inch below the tops of the tips. In this way the fleshy stalks will boil tender, while the steam will cook the tips. When it has boiled twenty minutes it may be drained and served with butter, cream, or any other sauce liked.

As boiled asparagus forms the basis for many dishes the boiling process, always the same, need not be spoken of again.

Baked Asparagus and Lettuce

Take four heads of firm lettuce, cut off the stalks and carefully remove the white centers, which may be used for salad. Have ready two cups of cold boiled asparagus tips. Put a portion in each lettuce head, with a saltspoon of pepper, a half teaspoon of salt, and a tablespoon of butter, and tie the lettuce firmly around the top with kitchen tape. Place the heads in a deep baking pan and pour around them a cup of well seasoned red stock. Cover for ten minutes, until the lettuce is steamed; then remove the cover and let it cook ten minutes longer. Remove carefully from the pan with a long-handled skimmer; let the gravy boil down to one half, then add a very little thickening and half a cup of whipped cream; stir carefully and serve in a gravy boat with the lettuce, removing the kitchen tape just before the lettuce goes to the table.

Asparagus Soufflé

Boil asparagus and rub through a sieve, add three well beaten eggs, a saltspoon of pepper, a half teaspoon of salt, and a half cup of milk. Beat the mixture thoroughly and fill buttered soufflé dishes with it. Bake ten minutes. A little cheese may be grated over the top before baking. This is a good entrée for summer use, served with tiny hot

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biscuits. Cauliflower may be used in the same way and makes an equally palatable dish.

Asparagus au Gratin

Boil asparagus tips until tender; drain, and to two bunches of tips add half a cup of dried fine bread crumbs, a gill of cream, two tablespoons of melted butter, half a saltspoon of pepper, a saltspoon of salt, two tablespoons of grated sharp English cheese, and last the stiffly beaten white of one egg. Mix all together lightly and fill buttered baking shells; then bake a delicate brown. Bake fifteen minutes.

Fried Asparagus

Wash and boil a bunch of green asparagus until it is tender; drain and cool. Dip each stalk in egg and fine bread crumbs, fry in hot fat, drain, and serve with broiled bluefish.

Fried Red Bananas

Peel and cut in half lengthways ripe red bananas; roll first in raw egg, then in fine crumbs, dust with pepper and salt, and fry a golden brown in deep fat like doughnuts. Drain and serve with a sauce made of three quarters of a cup of strained honey, the juice of three lemons, and a teaspoon of spiced syrup.

Baked Bananas

Pare enough bananas to allow one to a portion. Put them in a buttered pie plate with a generous lump on each, dust lightly with pepper and salt, and turn over them a half cup of honey and a quarter cup of boiling water. Cover and bake in the oven for fifteen minutes; uncover and bake until they are a delicate brown.

Another way of baking the bananas is to take off a strip of the peel lengthways and then lay the bananas in a buttered

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baking pan; pour into the top of each a little melted butter that has been seasoned with lemon juice and a teaspoon of chutney syrup. Let them bake for twenty minutes. When done they may be served in the shells, or be very easily removed from the skins and a little melted butter turned over each portion.

Lima Beans

Shell two quarts of Lima beans and boil in fair water thirty minutes after they start to boil. Drain when cooked and shake over the fire to take away all the moisture, then add two tablespoons of butter, a half teaspoon of salt, a saltspoon of pepper, the juice of half a lemon, and a teaspoon of sugar. Serve hot.

Baked Lima Beans

This dish of summer baked beans is very good and makes an added variety in the ways of serving them. Take two quarts of freshly shelled Lima beans and boil them in fair water until they are tender, then drain them and put them into a well-buttered baking dish with a four-inch square of pickled pork that is well scored in the center. Put in a half-cup of New Orleans molasses, a half-cup of melted butter, a saltspoon of pepper, a half teaspoon of salt, a tablespoon of finely chopped tarragon leaves, and a half-cup of the water that the beans were boiled in; cover and bake slowly for forty minutes, then uncover and allow them to brown.

New England Baked Beans

Take one quart of navy beans, wash and soak overnight; in the morning drain off the water, and set them to cook in hot water; allow them to boil until one is tender when pinched between the fingers. Butter a deep baking dish, or bean pot, and fill it with the beans, placing in the center

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a square of well scored pickled pork. Add a teaspoon of salt, a saltspoon of pepper, a cup of New Orleans molasses, and a cup of the water the beans were boiled in. Put the dish in the oven, cover, and let bake for one hour; then remove the cover and allow them to cook for an hour and a half longer.

To Boil String Beans

Wash, string, and cut in pieces one quart of string beans. Have ready a pot of boiling water with a little salt in it. Put in the beans, adding them slowly so the water does not stop boiling; boil for forty-five minutes, then drain and season with a tablespoon of butter, a saltspoon of pepper, and a half teaspoon of salt. Turn them into the serving dish and strew over the top a heaping tablespoon of bread crumbs that have been fried in butter and carefully drained.

String Beans Cuban Style

String, break, and boil until tender one quart of string beans. When done, drain them and add a lump of butter, and a little chopped parsley, onion, and sweet pepper. Have ready fried some diced bacon or pickled pork, grate a little nutmeg over it, and add the juice of a sour orange; add this to the beans, pour all into a buttered baking dish, dust with paprika and a tablespoon of very fine bread crumbs, and bake a delicate brown. Bake fifteen minutes.

Baked String Beans

Carefully wash and string a generous quart of beans and cut them in small pieces; boil until tender, then drain perfectly. Have ready two large cups of highly seasoned, strained, and smooth tomato sauce thickened to the consistency of strained honey; turn it into the beans, add a cup of bread crumbs that have been fried in butter, pour all into a well-buttered baking dish, dust a little Parmesan cheese over the top, and bake fifteen minutes.

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Mexican Frijoles

The frijoles are made of black beans that have been soaked overnight, then boiled with two tiny red peppers and two buds of garlic until the beans are tender enough to mash. They are then drained, mashed, seasoned, and shaped into small cakes, which are fried in olive oil.

To Boil Beets

To boil new beets after washing and leaving the stems three inches long, plunge them into boiling water and boil forty-five minutes. Then remove from the fire, plunge them into cold water, and skin them quickly with the fingers. Serve in a hot dish with a butter sauce.

Old beets will require three and a half hours steady, hard boiling, otherwise they are prepared in the same way.

Roasted Beets

Wash young beets, trim, and lay them in a buttered pan in the oven; turn often as they cook but do not break the skin. When tender, skin, chop, and serve with a dressing made of melted butter, a saltspoon of pepper, a half teaspoon of salt, a teaspoon of sugar, and a little vinegar, or the juice of a lime.

Escalloped Brussels Sprouts

Trim and carefully wash a quart of Brussels sprouts, then boil them until tender in water to which a saltspoon of bicarbonate of soda has been added, boil briskly without covering them for thirty minutes. When done drain, then add one finely minced red pepper, small cup of fine crumbs, half-cup of grated cheese, one gill of melted butter, juice of an onion, a tablespoon of chutney syrup, a saltspoon of pepper, half teaspoon of salt, and one beaten egg. Fill large buttered ramekins with the mixture, and bake a deli-

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cate brown. If desired, pepper shells may be used to hold the sprouts instead of the ramekins.

Plain boiled sprouts are boiled in the same way; and are seasoned with butter, pepper, salt, and a few drops of lemon juice.

To Boil a Cabbage

Cut the heart out with a sharp knife and in its place put a red pepper; drop the cabbage into fast boiling water, adding a teaspoon of salt and a saltspoon of bicarbonate of soda. A medium cabbage should boil two hours.

A chopped cabbage will boil in thirty minutes, and a new or savoy cabbage will boil in three quarters of an hour.

Baked Cabbage

Remove the heart and chop a cabbage fine. Sprinkle with salt, cover with water, and boil twenty-five minutes. Drain, put in a flat pan, add a saltspoon of pepper, a half teaspoon of salt, a teaspoon of sugar, dot thickly with pieces of butter, pour over it a cup of cream, sprinkle with bread crumbs and Parmesan cheese, and bake until brown.

Stuffed Cabbage

Take one head of firm cabbage and, with a sharp knife, take out the heart and some of the center. Have ready some good force meat made of a little sausage meat, crumbs, a minced onion, a half teaspoon of pepper, a saltspoon of salt, teaspoon of sugar, half-cup minced ham, and a gill of melted butter. Stuff the center of the cabbage and the leaves that may be turned back a trifle, then cover the top and half of the cabbage with a dough rolled out the same as for a roly-poly pudding. Tie closely in a floured cloth and boil two hours. When done, drain carefully and place

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on the serving dish, with the crust underneath. Have ready a smooth tomato sauce to serve with the cabbage.

Hot Cabbage Slaw

Remove the heart and chop the cabbage. Put a piece of butter the size of a hen's egg into a saucepan, add a small cup of sugar, a saltspoon of pepper, a half teaspoon of salt, and a dessertspoon of dry mustard. Mix all, then add one beaten egg and last of all three quarters of a cup of vinegar with a quarter cup of water. Melt together, then let come to a boil, stirring all the time. When it thickens remove from the fire so it will not curdle, and add the cabbage a handful at a time, stirring until it is all moistened with the sauce. Set it where it is warm, but not directly over the fire, until needed.

Red Cabbage

Chop coarsely one red cabbage and put it into a large saucepan with six tart apples that have been pared, cored, and sliced thinly. Cover with water and add a cup of vinegar. Cook until done—about two hours; then drain thoroughly. Season with a saltspoon of pepper, a level teaspoon of salt, a half-cup of sugar, a tablespoon of butter, and two tablespoons of tarragon vinegar.

Red Cabbage in Claret

Take a firm red cabbage, pull off the outside leaves and take out the heart, then chop fine. Put in a kettle with one bottle of table claret and boil gently until tender. Add a heaping tablespoon of butter, a saltspoon of pepper, a teaspoon of salt, and sugar to taste—about a tablespoon; drain and serve hot.

Colecannon

Melt two tablespoons of butter in the saucepan, add a half tablespoon of worcestershire sauce, a saltspoon of

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pepper, and a half teaspoon of salt; add one cup of mashed potatoes and one cup of finely chopped boiled cabbage. Mix all together, press into a greased mold, and bake in a hot oven for twenty minutes. Unmold on a hot dish and serve plain, or with a smooth tomato sauce.

To Boil Carrots

To boil new carrots scrape and plunge them into boiling water to which a teaspoon of salt is added and boil them for thirty-five minutes. Drain and serve with a butter or cream sauce. Old carrots must be boiled one hour.

Stewed Carrots

Scrape, wash, and slice into equal slices six large carrots and boil as above; drain them well and put in a saucepan with a pint of rich stock, a lump of sugar, and when this is reduced to a glaze add a tablespoon of fresh butter, a half saltspoon of pepper, and a saltspoon of salt. Heat until the carrots have absorbed the sauce, and serve.

To Boil Cauliflower

Wash and trim a good head of cauliflower, plunge it into boiling water, add a teaspoon of salt, and let it boil thirty minutes. Remove, drain, and serve with a cream sauce, or any sauce liked. In boiling cauliflower use half milk and half water. This will give it a finer flavor and keep it white. Cooked in plain water, it takes on a grayish color.

Norwegian Cauliflower

Take one good head of cauliflower and wash it thoroughly; with a sharp knife slice down in medium slices and brush over each slice with egg, then dust lightly with flour and sprinkle with pepper and salt. Fry the slices a delicate brown in hot fat, drain, and arrange them neatly on a hot

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platter. Have ready a rich drawn-butter sauce, not too thick, and turn it over the slices, garnish the dish with lemon quarters and parsley.

Creamed Celery

Wash and cut into one-inch lengths three stalks of celery; plunge them into boiling water and boil for one hour; drain, and turn into a cream sauce.

Celeriac with Tomato Dressing

Celeriac, which is turnip-coated celery root, may be had three or four to the bunch on the vegetable stands. Pare and quarter them and boil until tender in slightly salted water. Add a finely chopped soup bunch and herbs to a large can of tomatoes; boil twenty minutes, strain, add a half teaspoon of salt, a saltspoon of pepper, a saltspoon of sugar, a tablespoon of Mandalay sauce, a few drops of kitchen bouquet, and thicken with butter and flour mixed to a paste. Pour over the celeriac and serve hot.

To Boil Green Corn on the Cob

After husking and freeing from all silk plunge the ears into boiling water and boil for fifteen minutes. Drain and serve. Use no salt to toughen or yellow the corn.

Roast Corn

Boil as much sweet corn as is needed, and just before serving time put it on the toaster over hot coals and let it roast evenly. Butter, pepper, and salt it, and send to table hot in a napkin. Serve it as a course by itself so it may be fully enjoyed.

Green Corn Croquettes

Take one quart of the grated green corn, one cupful of sifted flour, one cupful of sweet milk, a lump of butter

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the size of an egg, a saltspoonof pepper, and a half teaspoon of salt. Put all in a saucepan and stir hard, adding a teaspoon of sugar. Remove from the fire and let it cool, then add three-quarters of a cupful of dry bread crumbs and mould into croquettes. Dip them in egg and roll them in crumbs, then fry in hot lard. Drain, garnish with parsley and lemon, and serve.

Corn au Gratin

Split and scrape a dozen ears and add a half-cupful of dry, fine bread crumbs, two tablespoons of grated cheese, two beaten eggs, small cupful of cream, a half saltspoon of pepper, a saltspoon of salt, a tablespoon of sugar; fill buttered ramekins with the mixture, dusting the top of each with a little grated cheese and bake. Bake thirty minutes.

Corn Fritters

One-half pint grated corn, half cupful of rich milk, half cupful of sifted flour, teaspoon of baking powder, a tablespoon of melted butter, a saltspoon of pepper, a half teaspoon of salt, a teaspoon of sugar, two beaten eggs. Mix the ingredients smoothly and fry in deep, hot fat. Drain, serve in a napkin with a little sliced lemon.

Stuffed Cucumbers

Pare, halve lengthways, and remove the seeds from enough cucumbers to allow a half one to each portion. Plunge them into boiling water and boil for ten minutes or longer until they are tender, but do not allow them to get too much done; drain, let slightly cool, then arrange them on a buttered baking pan and fill them with this stuffing: One cup of bread crumbs, half a cup of chopped chicken, half a cup of chopped pecan nuts, one chopped pepper, the juice of an onion, tablespoon of chutney syrup, gill of

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melted butter, teaspoon of worcestershire sauce, and one beaten egg. Dust lightly with a little grated cheese and bake a delicate brown. If the oven seems to dry them, baste them with a little melted butter to which the juice of half a lemon has been added.

Deviled Cucumbers

Pare, quarter, and take the seeds from six cucumbers, cut in inch lengths, drop into boiling water with a little salt in it, and boil six minutes. Drain and put a layer into a buttered baking dish, then a layer of fine crumbs, a sprinkling of salt and pepper, a teaspoon of sugar, and a teaspoon of finely ground nut meats; continue until the quantity is used up, then pour over all a cupful of tomato sauce (not too thick), sprinkle with grated cheese, and bake a delicate brown. A little of the sauce may be kept to serve in a tureen if desired. The mixture may also be used in ramekins. Bake thirty minutes.

Cucumbers à la Poulette

Pare and slice three cucumbers and lay them in salt and vinegar for half an hour. Drain them in a cloth and put them in two ounces of butter in a stewpan, sauté them but do not brown them. Dredge over them some flour and add a half pint of white stock, a teaspoonful of minced parsley, a saltspoon of salt, a half saltspoon of pepper, and a teaspoon of sugar. Let boil slowly until the gravy is a bit reduced, then stir in the yolks of two eggs; let come to boiling point and serve.

Fried Cucumbers

Pare three cucumbers, cut them in lengthway slices, dry them, and dip them into yolk of egg, dust with fine cracker dust, fry in deep, hot fat; drain and serve in a napkin.

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Dandelion

Take two quarts of the fresh young dandelion greens, wash and boil in salted water; when done, drain, chop fine, add the juice of half a lemon, three ounces of butter, and a saltspoon of pepper and a half teaspoon of salt. Garnish with hard-boiled eggs sliced.

Endive

Wash carefully six head of endive, remove the green part and plunge into boiling water for ten minutes, then drain and chop very fine. Then put in a stewpan with a pint of good stock, a saltspoon of pepper, a half teaspoon of salt, and a tablespoon of sugar, and boil until tender. Add a thickening of butter and flour and a tablespoon of lemon juice. Let the sauce boil up and serve.

Panned Escarole

Panned escarole will be found daintier than spinach. After the white centers have been removed for salad, wash thoroughly the green outside leaves, cutting them from the stalk and boil them in fair water, adding a pinch of bicarbonate of soda. Boil until tender, drain, chop fine, drain again as dry as possible, add a tablespoon of butter, a saltspoon of pepper, a half teaspoon of salt, two tablespoons of vinegar, and serve, garnished with white egg rings.

To Fry Eggplant

Select one firm eggplant, cut it in thick slices, and let them soak in salted water for two hours. Drain, dip them in beaten eggs and fine bread crumbs, and fry in hot fat until a delicate brown.

Bombay Eggplant

Cut an eggplant in halves, lengthways. With a sharp knife or an orange spoon remove the pulp, leaving an

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eighth of an inch all around to protect the skin. Chop the pulp fine, adding one green pepper, a little celery, and three tomatoes, also chopped fine. Add a cup of bread crumbs, a saltspoon of pepper, a half teaspoon of salt, a dessertspoon of grated cheese, and a tablespoon of chutney syrup. Fill the eggplant shells with the mixture, set them in a buttered baking pan, turn around them a cupful of vegetable stock and bake until tender, about thirty minutes. When done, serve with a smooth tomato sauce garnished with potato croquettes.

Eggplant au Gratin

Cut the eggplant in thick slices, let lie in cold salt water until ready for use, boil in clear water until tender, for perhaps fifteen minutes, or less, then place in well buttered baking pan and on top of each lay a thick slice of tomato, sprinkling over them a mixture of fine bread crumbs, a sprinkling of salt and pepper, a saltspoon of sugar, a little grated cheese, and, putting a lump of butter on the top of each, bake in a medium oven.

Turkish Eggplant

Wash, pare, and chop two eggplants; put a pound of rare mutton through the meat chopper, mix this with the eggplant and add a chopped onion with a little chopped parsley; put all in a buttered baking dish and add a gill of butter, half a cup of bread crumbs, and turn over it enough rich tomato sauce to fill the dish; dust the top with a little grated cheese, and bake an hour, or more if need be.

Greens

Take young and tender beet greens, wash and boil in salted water. When done, drain and chop fine and heat in three ounces of butter, a saltspoon of pepper, and a half teaspoon of salt and three tablespoons of vinegar, and serve hot.

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Kohlrabi

Pare, cut in quarters two bunches of kohlrabi, boil in salted water until tender, about thirty minutes; drain and cover with a rich drawn butter to which a tablespoon of fried bread crumbs has been added.

Leeks

Wash and cut in small pieces six leeks, boil until tender, about thirty minutes, throwing off the water several times, drain, add one tablespoon of fried bread crumbs, a tablespoon of minced parsley, and cover with melted butter. Add a little lemon juice, pepper, and salt. Serve hot.

Mushrooms

The cultivated mushroom may be easily distinguished from the poisonous fungi by its delicate pink or flesh-colored gills on the under side and by its agreeable nutty odor which the toadstools have not. When they are young they are button-shaped, the stalk and head being white, and as they grow they expand into a flat umbrella shape and get pink underneath, slowly turning to dark brown, even blackish in appearance. All the poisonous varieties are brown, have a rank and putrid odor, and are different in flesh texture.

The edible kind are found during August, September, and October in rich pasture land, but are seldom found in the woods where the poisonous variety abound. It is announced on scientific authority that there are over fifty kinds of edible mushrooms, among which there is one bright red one. Generally speaking the mushroom is difficult of digestion and has but little nourishment in it.

Locality has great influence on the nature of the juices in the mushroom, and it has been discovered that some species, while harmless when growing young in pasture

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and meadow, become quite poisonous when grown in contact with stagnant water.

The silver spoon test is a pretty safe one for the city housekeeper to rely on. If the spoon remains bright after plunging it into the heart of the mushroom it is all right, but if it turns black the fungus is poisonous. All those that are marketed in the city nowadays are from most reliable sources and inspected under the laws covering the sale of pure products regulated by licenses. The canned ones are usually dependable, but those in glass are even better. The Italian grocers carry the dried mushrooms at one dollar a pound, which are most excellent for soups and sauces, if properly washed and prepared. There is a mushroom powder that is also good in sauces, and a mushroom ketchup which is highly favored by our English cousins, but is not as well known on this side of the water.

Fresh Mushrooms Fried in Butter

Wash carefully one pound of umbrella mushroom flaps, removing the stalks, dry them on a cloth, and fry them in butter, turning two or three times. Chop the stalks, sauté them in a little butter which has had added to it a teaspoon of lemon juice, a half teaspoon of onion juice, a saltspoon of salt, and a half saltspoon of red pepper. When the flaps are fried arrange them on slices of toast; add a teaspoon of chutney syrup to the sauté, and turn it over the mushrooms.

Mushroom Patés

Take one large can of button mushrooms and one medium-sized can of mushroom flaps; drain and sauté them in butter, adding a half saltspoon of pepper, a saltspoon of salt, one chopped Spanish pepper, two finely minced shalots, and a teaspoon of chutney syrup. Have ready a pint of medium cream sauce; drain and add the mushroom mixture

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to it, using a little of the butter sauté if it does not thin the sauce too much. Turn into hot patty shells and serve.

Mushrooms à la Bordelaise

Clean large freshly gathered mushroom flaps, peel them, and lightly score on the under side. Place them in an earthen dish with a half pint of melted butter, a saltspoon of pepper, a saltspoon of salt, and let them remain in this for two hours; then drain them and broil on a buttered broiler, serving them on hot plates, with a gravy made of the melted butter with the juice of an onion, a teaspoon of minced parsley, juice of a lemon, and a tablespoon of tomato ketchup. Wipe the spoon with which the gravy is stirred with a bud of garlic.

Mushrooms under Glass

Peel and remove the stems from a half pound of fresh mushrooms. Sauté them slightly in butter, add a half saltspoon of pepper and a saltspoon of salt. Toast as many slices of bread as are needed, cut in rounds, and place in the dishes; cover with the mushrooms and bake them under the glass bells for fifteen or twenty minutes; serve hot and covered. A little hot cream may be added if desired.

Mushrooms in Baked Spanish Onions

Hollow out the centers of as many onions as there are portions to be served. Drain one can of button mushrooms, cut or chop in small pieces, add a tablespoon of bread crumbs, a tablespoon of finely chopped celery, a tablespoon of melted butter, a tablespoon of cream, a tablespoon of grated cheese, a teaspoon of chopped parsley. Fill the onions with the mixture, dust with pepper and salt, put a lump of butter on top of each, and set the onions in a buttered baking dish; cover, bake thirty minutes, remove the cover, and brown.

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ONIONS

To Boil Onions

Pare and boil one quart of Bermuda onions until tender when pierced with a fork (about forty minutes), drain, and serve with a sauce of a half cup of melted butter, a saltspoon of salt, a half saltspoon of pepper, a teaspoon of sugar, and six drops of lemon juice. Or the onions after boiling may be served in a cream sauce.

To Fry Onions

Slice two or three Spanish onions thin. Melt a heaping tablespoon of butter in the frying pan, put in the onions, dust with pepper and salt, and a dessertspoon of sugar. Cover tightly over a medium fire. Shake often until the onions are melted down and steamed soft, about ten minutes, then take off the cover and stir until they are a golden brown.

Baked Spanish Onions

Take four Spanish onions and with a sharp knife cut out some of their centers; do not pare them, but boil in salted water one hour; take them out, dry them, and stuff them with a tablespoon of grated cheese, half gill melted butter, a saltspoon of pepper, and a half teaspoon of salt. Bake in a moderate oven. When done they may be eaten from the skin or the outer skin removed and a rich brown gravy poured over them.

Onion Pie

Peel and boil a quart of onions until tender, drain them carefully, break them with a silver fork, and sauté them in butter, letting color slightly. Have ready a deep pie plate lined with good crust. When the onions are a bit cool add

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to them a tablespoon of sugar, a saltspoon of pepper, and a half teaspoon of salt, a cup of cream, and two eggs beaten in a small cup of milk. Turn into the pie plate, add the top crust, and bake until the crust is fully done. Serve hot with a meat dinner and cut in squares instead of the wedge-shaped pieces of dessert pie.

After peeling onions, rub a stalk of celery over the hands and it will remove the odor. If a stain remains, lemon juice or tomato skins will take it off.

Onion Fritters

Make a good batter as for clam or apple fritters. Grate one large onion, season it with a half saltspoon of cayenne pepper, a saltspoon of salt, and a quarter of a teaspoon of powdered sugar. Add to the batter and fry the fritters in hot deep fat a delicate brown and drain in the usual way. Serve in a napkin with parsley and lemon thinly sliced for garnish.

Onion Puffs

Make a good puff paste or light, flaky pie crust, roll thin, and cut it into squares. Take as many white onions as there are to be guests and boil them in fair water until they commence to grow tender. Remove, drain, and let cool, then carefully cut out the centers, and fill the space with half of a country sausage, a teaspoon of butter, one half saltspoon of pepper, the same amount of salt, fold each into a pastry square, adding as much tomato dressing as it will hold. Bake in a moderate oven. When done serve individually with the tomato sauce, to which a grating of Parmesan cheese may be added. Garnish with thinly sliced green pepper.

Scalloped Onions

Boil eight large onions and, when they are tender but not too much done, remove and drain them carefully.

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Place them in a well buttered baking dish, put a half gill of melted butter, a saltspoon of pepper, and a half teaspoon of salt on each, and add a dusting of fine crumbs, Parmesan cheese, and a little sugar. Beat two eggs into a pint of milk and turn it around the onions. Bake until the custard is set and the top is delicately browned.

To Boil Parsnips

Wash, trim, and pare as many parsnips as are needed to allow one of medium size to each person. Boil in fair water until tender. If the parsnips are new, boil thirty-five minutes, if old, an hour. When done, drain, slice, and serve with a cream sauce; or, when the parsnips are cold dip the slices in egg and cracker crumbs and fry a delicate brown.

Smothered Parsnips

Fry a slice of salt pork in a kettle, then put in a cup and a half each of diced parsnips and potatoes and season with a level teaspoon of salt and a saltspoon of pepper. Make a rich biscuit dough and lay over the vegetables with a hole in the center through which pour one pint of rich stock. Cover the pot, let cook for half an hour, and serve. This is a most unusual recipe and the dish will be found an agreeable change from everyday dishes.

Parsnip Cones

Boil three good sized parsnips and mash them very fine. Add to this a half cup of grated pineapple, a tablespoon of butter, a saltspoon of pepper, a half teaspoon of salt, a half saltspoon of grated nutmeg, a teaspoon of sugar, one egg, a teaspoon of good sherry, and a tablespoon of cream. Add enough cracker dust to form them into little cones, and fry in very hot lard. Serve in a napkin garnished with watercress.

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Green Parsley

Parsley can be made a brilliant green by putting it, after it is chopped, into a cloth, then dipping it into cold water and wringing it tightly in the fingers. If the garden parsley looks as if it were going to seed, pick it after a good rain and place it on sheets of heavy paper in a cooling oven to dry; when dry, powder it and put it in wide-mouthed bottles, corking it well. It will remain quite green and will do for all seasoning purposes as well as the fresh parsley.

Hopping John

Boil one cup of cow peas with a piece of bacon. When the peas are thoroughly done, but not mushy, drain the water off. At the same time boil separately a cup and a half of rice. When done mix together. Skim off grease from the top of the pot the peas were boiled in. Put over the mixture pepper and salt. Put in the oven to dry out and serve around fried sausages.

To Stew or Boil Fresh Peas

Shell the green peas, wash in cold water, drain, then put them into fast boiling water to which add a teaspoon of salt and a saltspoon of sugar. Let them boil briskly uncovered. If the peas are young ten to fifteen minutes' cooking will be sufficient; if they are large, marrowfat peas, cooking will take eighteen to twenty-four minutes, if they are old peas, a half an hour. When done drain, place in a hot vegetable dish, add a lump of butter the size of a walnut, a saltspoon of salt, a half saltspoon of pepper, and a teaspoon of sugar.

Fresh young pea pods should be washed and carefully steamed, and when very tender rubbed through a colander and added to the vegetable soup stock, as they give the stock both flavor and body.

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Green Pea Cutlets

Take one quart of fresh green peas and after boiling in the usual way pass them through the purée sieve. Add to the pulp three quarters of a cup of dry bread crumbs, a saltspoon of salt, a half saltspoon of pepper, a tablespoon of melted butter, a dessertspoon of sugar, and one egg. Add a teaspoon of finely chopped mint leaves and a half teaspoon of onion juice; shape the mixture into cutlets after mixing well, dip them in egg, dust with bread crumbs, and fry. Serve with the cutlets a good, smooth tomato sauce.

PEPPERS

As baking shells, the bull-nosed green or red peppers have no peer, for if they are not overcooked and are rightly prepared they never lose their shape or spill their contents while baking. Peppers thinly cut into strips lengthways and carefully fried in butter make a good edible garnish to serve around a platter of cutlets with a smooth tomato sauce poured in the center.

Stuffed Green Peppers

Cut the stem end from the peppers and remove the seed cones. Have ready a mixture made of one cup of sausage meat, a finely minced onion, a half cup of finely chopped mushrooms, a half cup of bread crumbs, a saltspoon of pepper, a half teaspoon of salt, a tablespoon of chutney syrup, and a teaspoon of chopped chives. Place the peppers in a well buttered baking dish, after stuffing them and tying on the covers, and pour around them enough good brown gravy to half fill the dish. Bake thirty minutes and serve. This mixture will fill four large pepper shells.

Egyptian Stuffed Peppers

Cut around the stem end of a fresh green pepper and draw out the seed cone. Take a half pound of chopped

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raw beef, add to it three quarters of a cup of bread crumbs, a tablespoon of butter, a saltspoon of pepper, a half teaspoon of salt, a little grated onion, and a beaten egg. Stuff the pepper shell with this mixture, roll in olive oil, and fry. This amount of stuffing will fill three good sized peppers.

Apple Peppers

Take two cups of smooth apple sauce, add to it one cup of bread crumbs that have been fried in butter and drained, two tablespoons of grated English cheese, a tablespoon of chopped walnut meats, and a teaspoon of chopped tarragon leaves. Bake until the pepper shell is tender, and serve as an edible garnish with roast pork. The pepper shells must be carefully washed and the seed cone removed before they are filled for baking and they may be halved or whole according to fancy.

Macédoine Peppers

Take a small bottle of macédoine vegetables, drain them, and add to them a small cup of bread crumbs, a half gill melted butter, a half saltspoon of pepper, a saltspoon of salt, six sliced truffles, juice of an onion, one beaten egg, and enough sweet cream to bind the mixture. Fill the peppers after smearing them inside thinly with pâté-de-foie-gras. Bake for twenty minutes. This will fill four peppers.

Boiled Peppers

Carefully open some large smooth peppers and remove the seeds, stuff them with loose leaves of cabbage coarsely chopped, a lump of butter, a pinch of salt; tie together with kitchen tape and drop into boiling water. Boil one hour, drain thoroughly, remove the tape, pour over them a rich cream sauce and serve.

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Banana Peppers

Cut three big green peppers in halves and remove the seed cones, arrange them on a buttered tin, and fill them with the following mixture. Mash three ripe bananas, add a half cup of sugar, a teaspoon of salt, a gill of melted butter, a tablespoon of chutney syrup, a tablespoon of chopped pecan nuts, half a cup of bread crumbs that have been fried in butter, a half cup of dry crumbs, and a beaten egg. Fill the peppers with the mixture, dust the top of each with grated Parmesan cheese and a little paprika. Bake until the peppers are tender but do not let them lose their shape. If they cook a little dry, baste with a little melted butter.

POTATOES

Potatoes are a vegetable that may be served in a vast number of ways, being adapted to more uses than any of the other vegetables in use on the daily menu, and next to cereals they are considered the most valuable plant for the production of human food. In Saxony the potatoes are used boiled and beaten with sour milk to make a wonderful cheese, which if kept in closed vessels keeps for a number of years.

If using old potatoes they should be carefully sprouted and spread out on a platform or large tray in a cool room or cellar so that they do not vegetate or soften. Some housekeepers still use potato yeast and others use the mashed potato in their bread. Old potatoes are best boiled with the skins on, then drained, dried, pared, and served with butter and chopped parsley in a deep dish, or mashed with butter, pepper, salt, and enough cream to make them rich and soft.

New potatoes to boil should be carefully washed and have the skin rubbed off with a rough cloth, and boiled in salted water and served with plenty of butter. The

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usual methods of frying potatoes are characterized as French fried, German fried, and country fashion, chips, sticks, or Boston strips, and are associated with certain dishes with which they are always served. Potato salad, always an appetizing dish, is served with several different kinds of dressings that are popular in certain localities.

When boiling old potatoes add a little milk to the water and they will not turn dark.

Never use boiled potatoes for salad that have chilled on ice.

To Boil Potatoes

If the potatoes are old choose as many as are needed of equal size, cut a little piece from the end of each, remove the eyes, and plunge the potatoes into boiling water to which a saltspoon of salt has been added. Boil steadily for thirty minutes, drain, pare, and serve with a gill of melted butter and a half teaspoon of chopped parsley, a half teaspoon of salt, and a saltspoon of pepper. New potatoes will boil in twenty minutes.

To Bake Potatoes

Wash the skins, carefully choosing potatoes of equal size, cut a tiny piece from each end, place them in a hot oven, and bake forty minutes, turning once. When done take from the oven in a soft cloth one at a time, and gently pinch the potato all around, which process frees the meat from the skin, so when it is broken open it bursts out light and fluffy.

French Fried Potatoes

The French fried potatoes are always cut lengthwise in strips, and allowed to stand one hour in cold water, then are slipped into hot lard that must be deep enough for them to float in. They are drained when brown, salted, and served

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in a napkin, not, as is often the case, on the dish with the steak, where they are softened by its juices and spoiled.

Escalloped Potatoes

Pare and slice thin, potatoes enough to fill a medium-sized pudding dish, cover with cold water, and let stand three or four hours. Drain and dry on a linen cloth; grease the dish and add alternate layers of potatoes and cracker crumbs, dots of butter, a dusting of pepper and salt, and a teaspoon of sugar; then pour in one pint of milk and bake. Cover the dish one hour, then open it and brown daintily.

Stuffed Potatoes in Casserole

Select six medium-sized potatoes and, after paring and washing them, remove the centers with an apple corer. Then stuff the potatoes with well-seasoned sausage meat, lay them in a casserole dish, dust them with pepper and salt, and add a small can of button mushrooms which have been sautéd in butter. Put over all a pint of rich brown gravy. Let cook from an hour to an hour and a half, then serve with any good roast. The potato centers that are hollowed out may be boiled, then mashed or creamed for breakfast or luncheon use.

Potato Rissoles

Boil and mash six large potatoes, add a saltspoon of pepper, a half teaspoon of salt, a tablespoon of butter, and a teaspoon of minced parsley. Make into small balls, roll in beaten-egg, cracker dust, and a sprinkling of Parmesan cheese, and fry in hot lard a delicate brown; drain and serve in a napkin.

German Potatoes

Put three ounces of butter into a stewpan with two tablespoons of flour. Stir until the butter is a light brown, then

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add two tablespoons of vinegar and a half pint of stock. Peel and slice in long slices six large potatoes, lay them in the gravy, and simmer until they are done. Serve very hot with roast meat.

German Potato Cakes

Pare and grate six large raw potatoes, add two eggs, one pint of milk, a saltspoon of pepper, a half teaspoon of salt, a tablespoon of sugar, two heaping tablespoons of flour, and one teaspoon baking powder; drop the batter by the spoonful on a hot greased griddle as for pancakes. Serve hot with butter and salt, or with stewed fruit.

Irish Potato Cakes

To one cup of mashed potatoes, seasoned with butter and salt, add one half cup of milk and one and one half cups of flour; beat lightly, add one teaspoon of caraway seeds. Roll into a round cake one inch thick and bake in buttered frying pan, covered, on top of the range. Bake brown, cut into four quarters, and serve hot, with butter and salt.

Danish Potatoes

Boil a quart of Danish potatoes; when done cut in thick slices; grate one large onion and add to three ounces of butter, and when melted fry the potatoes in it, drain, and serve on a napkin, garnished with cress.

Potato Fingers

These are to serve with chops. Take freshly mashed potato, add a cup of bread crumbs, a saltspoon of salt, a half saltspoon of pepper, one small grated onion, a tablespoon of butter, and enough milk to soften and one egg to bind the mixture, which is then formed into fingers

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three inches long and an inch through. Dip them in egg, then into fine crumbs, and fry in butter. Lay around the edge of a hot platter with the center heaped with French peas and garnish the chops with toast sippets and parsley.

Riced Potatoes

Boil, mash, and season six large potatoes, have a hot dish ready, and put them through the ricer. Serve with sausages baked in pastry squares.

Potato Custards

Boil and mash six large potatoes; add two well-beaten eggs, a tablespoon of butter, a saltspoon of pepper, a saltspoon of salt, and one cup of hot milk; beat until very smooth and light; add a teaspoon of sugar and a very small grating of nutmeg. Lightly fill greased custard cups and bake a delicate brown. Bake fifteen minutes.

Glazed Sweet Potatoes

The glazed sweet potatoes are especially nice when cooked with honey. Split the boiled sweets lengthwise in thick slices, arrange them on a well-buttered baking dish, dust them with pepper, salt, and a little sugar, and turn over them a small cup of strained honey and a tablespoon of lemon juice. The lemon juice keeps the honey from candying. Bake the potatoes until they are a delicate brown.

Sweet Potatoes with Sherry Wine

Boil six medium-sized sweet potatoes until soft, mash, season with a half teaspoon of salt, a saltspoon of pepper, and a gill of sherry wine. Moisten with rich milk or cream, beat vigorously, and pile lightly on a hot vegetable dish.

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RADISHES

The radish is one of the family of the cultivated horse-radish, and is composed mostly of fiber and nitrogen, being eaten raw it is on the nitrogen its flavor depends. They are red and white in the ordinary varieties best known here, in globe shape, or long like the carrot. In France there is a black radish so called, and a violet one also, the black being the larger of the two.

Creamed Radishes

Wash, pare, and slice in thick slices eight or ten white radishes, in season. Put them in a saucepan with boiling water and let them boil until they are tender when pierced with a fork. While the radishes are boiling add to them three cloves, a bay leaf, a half bud of garlic, and a half lemon sliced very thin, with the pits removed. Make a good cream sauce not too thick while the radishes are cooking and when they are done drain them very carefully and thoroughly; put them into the sauce and serve hot. Remove the bits of lemon before sending to table and add one diced hard-boiled egg.

This is an excellent way to use radishes that are too large and strong flavored to eat raw with salt.

To Boil Salsify

Scrape two bunches of salsify (oyster plant), wash and cut into one-inch pieces. Put them into cold water to which a teaspoon of lemon juice has been added to keep them from turning black. When ready to boil put them into boiling water, to which a teaspoon of salt, a teaspoon of lemon juice, and a teaspoon of butter have been added, and boil rapidly for thirty minutes; test with a fork to make sure they are done. Drain and serve with seasoned melted butter, or in a cream sauce.

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Mock Fish Pâtés

Wash and scrape two bunches of salsify roots, boil until tender, drain, and beat with a wooden spoon to a smooth paste. Moisten the mixture with a little cream, adding a heaping teaspoon of butter and an egg to each cup of salsify, the eggs being previously beaten. Fill scallop shells with the mixture, sprinkle a few bread crumbs over the top of each, and bake, serving hot.

Italian Squash

This is the name given by the marketmen to the long, round, green squash, not unlike a cucumber in appearance except that its surface is smooth and it has delicate yellow gourd-like stripes running its length. It is a fine summer squash, but few American housekeepers are acquainted with it. The skin is thin, the seeds very small and tender, and the flavor is superior to that of any other summer squash.

These squashes should be pared and boiled about twenty minutes or until they are tender. Then remove them from the water and mash them in an enamel strainer; this frees them from the unnecessary water they contain. They may then be placed in a vegetable dish and a saltspoon of pepper, a half teaspoon of salt, a tablespoon of butter, and a teaspoon of sugar added by way of seasoning.

Another way of cooking them is to pare and cut them into small pieces. Place them in a buttered baking dish; first a layer of the squash, then a sifting of bread crumbs with pepper, salt, and butter; then another layer of the squash, and so on until the dish is filled. Then add two gills of cream with two beaten eggs and a generous grating of English cheese over the top. Bake about half an hour in a moderate oven.

The Italian squash may also be cut into thick slices without paring, dipped in egg, then in crumbs, and fried in the

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same way as egg plant. Still another way is to pare and cut the squashes in thick slices and place them in a steamer. Steam until very tender, then serve them in a rich cream sauce which has been well seasoned but not made too thick. The Italians serve them steamed in this way, but instead of the cream sauce they use a rich brown gravy that has chopped sweet peppers through it and is dusted with Parmesan cheese. But no matter how these squashes are cooked they will be found a treat and a decided addition to the summer menu.

All the other varieties of summer squash may be boiled and mashed in the same way.

Hubbard Squash

Take a medium-sized Hubbard squash, which is the best squash for winter cooking, cut it into quarters, remove the seeds, pare, and plunge into boiling water. Boil until tender, usually about thirty minutes. When done drain, mash very smooth, and add a heaping tablespoon of butter, a saltspoon of pepper, a level teaspoon of salt, and two tablespoons of sugar. Beat seasoning in well, and last of all add a half gill of sweet cream.

Old-fashioned housekeepers cooked the squash without paring, and then, when done, scooped the flesh from the shells. But this is a difficult method, and it seems to be just as good done in the simpler way.

The squash is very heavy and hard to cut so that a sharp knife and a hammer are necessary.

To Wash and Boil Spinach

Take two quarts of fresh spinach, pick it over carefully, remove all weeds or stalks, then wash it in seven waters. This is done by using two dish pans or pails, lifting it from one to the other, constantly changing the water, so that the sand settles to the bottom. When thoroughly clean put the spinach into a large saucepan with two heaping table-

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spoons of salt, and a pint of boiling water, press it down frequently with a wooden spoon, and cook evenly for ten minutes, or until it is perfectly tender. Then drain in a colander, pressing it dry and chopping it fine. Put the spinach back into a clean stewpan, with a heaping tablespoon of butter, a saltspoon of pepper, and a half teaspoon of salt. When hot serve garnished with hard-boiled eggs sliced.

It may also be served with a cream sauce, or with a rich tomato sauce.

German Spinach Loaf

Take one cup of boiled spinach, a half a cup of bread crumbs, six large sardines, skinned, boned, and broken, a gill of melted butter, a tablespoon of chutney syrup, and one teaspoon of lemon juice. Add one hard-boiled egg that has been chopped, a saltspoon of pepper, a half teaspoon of salt, and one beaten raw egg. Mix the ingredients thoroughly together and place them in a buttered loaf pan; bake in the oven for about an hour, or less if the oven is very hot. Unmold the loaf on a hot platter and turn over it a good cream sauce that is not too thick and garnish with sprays of parsley.

Spinach Soufflé

Take four pounds of spinach, trim and wash it thoroughly, then boil in plenty of water, adding a pinch of soda and a pinch of salt. When done, remove the spinach from the water into a strainer with a skimmer; this will leave any extra sand at the bottom of the kettle. When drained chop the spinach very fine and add to it four well-beaten eggs, a saltspoon of pepper, a half teaspoon of salt, a dessertspoon of melted butter, and a quarter cup of cream. Mix thoroughly, put in well-buttered soufflé dishes, or large ramekins, and bake ten minutes.

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Marrons in Spinach

Wash, boil, and prepare spinach in the usual way, then drain, chop fine, and pan it in butter, when it will be ready to turn on to a hot platter and be covered with the following sauce: One pint of cooking marrons, drain and cook until very tender in a pint of red stock, then season well, add a cup of liquor in which they were put up, boil up, and thicken slightly with butter and browned flour rubbed to a cream, turn over the spinach on the hot plate, and garnish with fried tomato slices.

Succotash

Prepare a dozen ears of corn by splitting the grains and scraping them down with the back of a knife, then add a tablespoon of butter, a saltspoon of pepper, a half teaspoon of salt, two tablespoons of sugar, a cup of cream, and a half cup of milk; stew in double boiler fifteen minutes. Have ready a quart of freshly boiled Lima beans, drain them and add to the corn. Fry two slices of pickled pork that has been diced a crisp brown and add them with the fat to the succotash. This is a famous New England recipe. The succotash may, of course, be made from canned materials.

Fried Tomatoes

Select four firm ripe tomatoes and wash and cut them in thick slices without paring them. Dust lightly with pepper and salt and fry them in hot butter. When done, drain; then lay each slice on a buttered toast round, pour over each a small cup of hot cream and serve at once. The slices may be dipped in crumbs, fried, and served without a sauce.

Green Fried Tomatoes

Wash and slice green tomatoes in thick slices and let stand in salt water all day, dry off, and dip in beaten egg

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and roll in cracker dust, sprinkle with salt and pepper and fry in hot fat, drain and serve with any sort of broiled meat or boiled fish.

Stuffed Tomatoes

Select as many tomatoes as are needed to serve one to a portion, and hollow out the stem end. Make a savory stuffing of a half cup of bread crumbs, a teaspoon of chopped celery and onion, and a half cup of flaked cold boiled cod-fish; season all highly, add a half gill of melted butter and a tablespoon of cream, and stuff the tomatoes with it. Dip each, after it is stuffed, in a little melted butter; then sprinkle with fine crumbs and bake on a buttered pan. Do not bake long enough to have them collapse and spoil the appearance of the dish. This stuffing will fill four large tomatoes.

Fresh Stewed Tomatoes

Cut in quarters six large tomatoes, cover them with one half pint of boiling water, add a teaspoon of salt, and stew gently until the tomatoes are done, about fifteen minutes. Then add a saltspoon of pepper, a tablespoon of sugar, a half saltspoon of bi-carbonate of soda, and thicken slightly with two teaspoons of browned flour that has been worked smooth with two teaspoons of butter.

TURNIPS

Turnips do not appeal strongly to all people, yet they are a useful winter vegetable and can be cooked in several attractive ways. The small white ones are often boiled and served with a cream sauce, the yellow ones are usually mashed or diced in butter.

Fried Turnips

Pare, and boil for thirty minutes a large yellow turnip When tender slice in medium slices; dip in egg, then in

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crumbs seasoned with a saltspoon of pepper, a half teaspoon of salt, a teaspoon of sugar, and a little chopped parsley. Fry in deep hot fat until a good brown; drain and serve.

Turnip Croquettes

Boil one yellow turnip with two potatoes. When thoroughly done mash very smooth, add a gill of cream, one egg, a saltspoon of pepper, a half teaspoon of salt, a big lump of butter, and a half cup of finely chopped pecans. Beat thoroughly and sift in enough flour to form into croquettes. Fry in very hot lard, drain, and serve in a napkin with parsley and thinly sliced lemon. A slight dusting of powdered sugar may go in with the nuts and adds to the flavor.

Yellow Turnip

Pare, and boil the turnip until done; mash with plenty of butter, pepper, salt, sugar, and a gill of cream. Serve hot.

Turnip Pie

Boil, and mash one yellow turnip, add to it a saltspoon of pepper, half a teaspoon of salt, a gill of melted butter, a tablespoon of sugar, and a cup of apple sauce. Line a deep pie plate with crust, then spread a thick layer of the turnip in, and over the top spread a thick layer of well-seasoned sausage meat, spread thinly with apple sauce, and put on the top crust. Bake in a medium oven a half hour, and serve hot.

Stuffed Turnips

Pare, and boil for twenty minutes enough large white turnips to allow one to a portion, and when they are partly done remove from the fire and drain. Cut a slice off the bottom so that they stand firmly, then with a teaspoon hollow out the centers. Have a filling ready, made of a

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half cup of cold chopped meat, a minced onion, a teaspoon of chopped parsley, a half cup of bread crumbs, a saltspoon of pepper, a saltspoon of salt, a dessertspoon of sugar, a half gill of melted butter and a tablespoon of cream. Fill the turnips and tie the tops on with a piece of kitchen tape; place them in a baking pan and pour over them a quart of good stock. Dust the top of each with a little grated cheese. Cook until they are a delicate brown, then remove them to a hot dish with a skimmer. Thicken the gravy with a little butter and flour, adding a little cream if it has cooked away. Pull off the little tapes and pour the gravy over the turnips. The insides cut from the turnips may be used up in the vegetable soup.

Truffles

Truffles, to be in perfection, must be quite fresh, good ones being easily distinguished by their agreeable aroma. They are light in proportion to their size, and elastic when pressed by the finger. French truffles are exported in great quantities, bottled, canned, in powder form, and are conserved in various other ways. There are also a large number shipped from Italy.

There are three varieties of the species: the black, the red and the white, the latter being of little value. The best truffles come from Perigord, the next best from Provence, Dauphine; the white truffles come from Piedmont. The black truffle has the highest repute and its consumption is enormous. The red truffle is very rare, like the edible red mushroom, and in France its use is restricted by law.

Truffles au Naturel

Select as many truffles as are required. They should be of equal size. If fresh ones are procured, cleanse them carefully by washing them in several waters and scrubbing them with a stiff brush to remove every particle of sand and

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grit; if truffles from can or bottle are used, rinse them thoroughly in cold water and dry them on a soft cloth. When washed, dust them lightly with a little pepper and salt, squeeze a few drops of onion juice over them, and wrap each one in buttered paper. Bake in a hot oven for about an hour; when done, remove and take off the paper, drain, and serve heaped in a napkin. These will be found very nice, served in this way, with broiled chicken.

Ham and Truffles

Drain, and rinse carefully a one-pint bottle of truffles. Cover the bottom of a frying pan with sliced bacon, arrange the truffles evenly on top, covering them with a slice of ham which has been steeped in water to freshen, and over all put one cup of finely minced veal. In another well-buttered frying pan put one thinly sliced onion, a tablespoon of chopped parsley, a half bud of garlic, a saltspoon of salt, a saltspoon of pepper, and two cold boiled carrots, minced. When these begin to color, moisten with three quarters of a pint of tomato juice that has had added to it two tablespoons of chutney syrup, two tablespoons of tomato ketchup, two tablespoons of olive oil, and a half saltspoon of mignonette pepper. When this mixture has boiled up once, pour it over the meat and truffles, cover, and let all cook gently together for one hour and a half. When ready to serve, place on a hot dish the slice of ham, arrange the truffles on top, strain the gravy, which may be thickened slightly if it seems too thin, then turn it over the truffles, and garnish with toast sippets.

Truffles à l'Italienne

Clean carefully ten good-sized truffles, slice them, and put them into a sauté pan with one ounce of butter, one minced shalot, a saltspoon of salt, a half saltspoon of pepper, one tablespoon of minced parsley, and a few drops of onion juice; stir them over the fire for about ten minutes so that

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they may all be equally done. When done, drain off the butter and add one ounce of fresh butter, two tablespoons of good stock, the juice of half a lemon, and a dash of cayenne pepper. Stir over the fire once more, until the whole reaches boiling point. Serve hot.

Baked Truffles

Take ten truffles, wash them thoroughly, cut them in slices, and place the slices in a buttered baking dish, mixing with them a seasoning of a quarter of a pint of salad oil, a saltspoon of pepper, a half teaspoon of salt, one tablespoon of minced parsley, one bud of finely minced garlic, and a pinch of mace. Bake them for nearly an hour, and just before serving sprinkle over them a tablespoon of lemon juice.

Vegetable Marrow

For the vegetable marrow, select a good-sized one, cut off one end, and scoop out the center freely, then make a savory filling of five tablespoons of bread crumbs and one tablespoon of melted butter, a fried onion, a dessertspoon of chopped parsley, a saltspoon of sage, and thyme. Season well, add a few drops of lemon juice, and bind all with a beaten egg. Fill the marrow, place it in a cloth, and steam until tender, then cover with brown sauce containing a tablespoon of fried bread crumbs.

Baked Marrow, Sour Cream Sauce

Wash and cut two vegetable marrows in half and scrape out the seeds; make a savory stuffing of one cup of crumbs, one chopped onion, a tablespoon of chopped celery, twelve seeded raisins, a tablespoon of chopped pecan meats, a teaspoon of cold boiled chopped ham, a tablespoon of cream and two of sherry; stuff, and bake in a moderate oven until the marrow is tender enough to scoop out of the shell.

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Set the marrows on a bed of parsley and serve. The sauce is made of a cupful of sour cream beaten with the juice of a lemon and a teaspoon of sugar, and is served in a tureen.

Vegetarian Roast

Mix together one half cup of lentil pulp, one whole cup of pea pulp, a half cup of finely chopped English walnuts, one cup of bread crumbs, a gill of melted butter, a gill of cream, a saltspoon of pepper, a half teaspoon of salt, a little sage, a teaspoon of sugar, and a half cup of hot cream. Fold in the stiffly beaten whites of two eggs, and turn the mixture into a buttered baking dish. Bake in a medium oven until firm enough to slice. Serve with the roast a cranberry jelly and, in a tureen, a brown apple sauce. For the sauce take a half pint of heavy tomato stock, adding to it one cup of smooth apple sauce; thicken slightly with butter and browned flour and season to taste.

Dasheens

This vegetable is a staple article of food for millions of people in tropical and subtropical countries. In general it is used in the different ways in which the white potato and the sweet potato are used. The flesh of the large spherical corms and of the larger tubers (which are usually much smaller than the corms) is frequently somewhat gray or violet when cooked, but this does not affect the flavor. Baked dasheens, stuffed dasheens, scalloped dasheens, boiled dasheens, fried dasheens, mashed dasheens, creamed dasheens, dasheen salad, dasheens as filling for fowls and other meats, dasheen soup, candied dasheens, dasheen pie, dasheen pudding, dasheen shoots, dasheen greens are all good. Prepare and cook them as you would potatoes. The dasheen is a member of the elephant-eared caladium plant family.

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Crones

An odd-looking little Japanese vegetable, the crone, made its début at a recent culinary show in New York City. It is about three inches long, covered with a pale yellow skin, like a potato, and is shaped and marked like a circular conch shell, rising to a point at the end. The flavor is very much like that of the Jerusalem artichoke and it is sold by the pound, but as the weight is light a pound goes a good way.

It is much easier to boil crones before paring, as then they retain their shape more perfectly. Plain boiled, they are very nice served with a dressing of melted butter that has been allowed to boil up once with a teaspoon of carefully washed fresh fennel seed added to it. They are also good creamed, to serve with chops or steak; or, after boiling, they may be broiled, dipped in melted butter, and rolled in a little minced parsley to be used as an edible garnish.

VEGETABLES IN JELLY

The foundation of these jellies is not just plain gelatine but is a chicken jelly, a calf's foot jelly, a mutton broth jelly, a beef jelly, or a cereal jelly, each making, when properly combined, a tasty background for the vegetable flavors. In seasoning foods that are to be jellied one must always remember that the chilling seems to dull the flavor, and it is wise to add a little more than would be used if the dish were to be served warm; be careful only about the addition of too much salt.

From the following five foundation jellies most of the jellied vegetables are made. Before jellying, the vegetables are always cooked and cooled.

Chicken Jelly

Select one short, thick, four-pound chicken, dress and singe it. Have the butcher split six pairs of chicken feet

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and put them to boil with the chicken. When the chicken has boiled tender, take it from the broth, and after it slightly cools take the meat from the bones to use for a salad or creamed chicken. Throw the skin and bones back into the broth, add one thinly sliced onion, a stalk of celery, a diced carrot, a tablespoon of rice, and a little chopped parsley. Boil the broth down until the liquid is reduced to about a quart, then add a saltspoon of pepper and a half teaspoon of salt and remove from the fire; strain carefully into a crock and when cold remove the grease from the top and set it away to jell.

Calf's Foot Jelly

Select four calves' feet and have them properly cleaned and split. Cover them with water, adding a thinly sliced onion, a bunch of sweet herbs, a stalk of celery, a few tarragon leaves, a bay leaf, and four cloves, a saltspoon of pepper and a half-teaspoon of salt. Let cook evenly until the meat falls from the bones. Strain the broth carefully into a crock and when cool skim and set away to jell.

Mutton Broth Jelly

Take two pounds of neck of mutton, one calf's foot, a small bunch of sweet herbs, a small onion, a bay leaf, and two cloves; cover with cold water and boil. Boil until the meat falls from the bones and the liquid is reduced to about one quart. Strain carefully, and when cold remove the fat and set away to jell.

Tapioca Jelly

Put two heaping tablespoons of tapioca into a pint of water and cook until the tapioca is transparent, then add a saltspoon of salt and a teaspoon of butter, turn into a mold and set away until needed.

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Beef Jelly

Make a half pint of good beef broth, using a pound of tenderloin of beef diced, a pint of water, a saltspoon of pepper, and a half teaspoon of salt. When done, strain, and add to it a scant tablespoon of gelatine which has been melted in a little cold water, stir it in while the broth is still hot, then strain again, and set away to jell.

These jellies may all be made a day ahead of the time they are to be used, when half the quantity of any one of them will be sufficient for one jellied vegetable foundation except the beef broth, which is in quantity for only one dish.

Vegetable Macédoine

Take half the quantity made of chicken jelly and melt it in a saucepan; add to it a small bottle of macédoine of vegetables carefully drained; season, and when all is heated through, turn into small molds and set aside to jell.

Jellied Cucumber and Onion

Slice thinly two cucumbers and chop fine one Spanish onion; sauté them in butter until they are a delicate brown, season with a saltspoon of pepper, a saltspoon of salt, and a saltspoon of sugar, and drain carefully. Have ready melted a pint of the calf's foot jelly and add these to it. Put into individual wet molds and set away to jell.

Jellied Carrots and Rice

Pare, boil, and dice two carrots, take a half cup of freshly boiled rice, and have ready melted a pint of the mutton broth; stir the carrots and rice into it, add a teaspoon of chopped parsley, a saltspoon of pepper and salt, and set away to jell in wet molds.

Jellied Beets

Boil, pare, and dice enough beets to allow one for each portion to be served. When cold allow them to marinate

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in French dressing for one hour. Melt half the quantity of tapioca jelly, drain the beets and add them to it, mix, and turn into wetted molds and jell.

Jellied Peas and Cauliflower

Melt the beef jelly, add to it a half cup of freshly cooked green peas that have been drained and a few sprays of freshly boiled cauliflower, season with a saltspoon of pepper, two saltspoons of salt, a teaspoon of sugar, and turn into wetted molds and jell.

Asparagus in Aspic

Boil two bunches of green asparagus until tender, cutting them back far enough so that all the stalk will be edible. Have ready a well seasoned chicken aspic, colored with Breton coloring a pale green. Turn a little of the jelly into the bottom of a damp, cold mould, and when slightly set lay in a layer of the asparagus and one hard-boiled egg sliced. Then turn in a little more jelly, another layer of asparagus and egg; after this fill the mould with jelly. When chilled and set slice with a sharp knife; serve on lettuce leaves garnished with a slice of fresh tomato and mayonnaise also colored a delicate green. Besides being a most decorative dish this is a very appetizing one.

THE MARKETS OF CHINATOWN

In summer the green goods displayed in the Chinese shops are raised on Long Island farms by Chinamen, but in the winter season most of the things are raised in the south.

The bins and shelves are filled with dried edibles such as mushrooms, dried flying fish or other fish, water chestnuts, and a variety of dried roots and vegetables. Hanging from the lines above the customer's head are quantities of dried ducks that have been smoked and dried whole; these

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ducks are considered a great delicacy. The dried flying fish and strips of bacon, already cooked, are neatly rolled around bamboo splints and hung in bundles.

Among the vegetables in the windows are Chinese potatoes. The Chinese cabbages head up much more loosely than our own cabbages, and have, when cooked, a decided herb flavor.

Sweet mustard is a great favorite on the Chinese table. It resembles the outside leaves of cauliflower, though the stems are more succulent and it does not head with a solid center. The sweet mustard is prepared by pulling the leaves apart and washing them carefully, then boiling them in water which must be changed three times, after which a small loin of pork, or a fresh ham is put in, and cooked with them.

Tulip bulbs are pared, and eaten with a little garlic as a relish, or they are cooked and served with a specially made meat sauce and rice. It is safe to say that after a wee taste most people would prefer to have their tulip bulbs grow and blossom rather than add them to the list of available salad materials.

"Elephants' Trunks" look as if they might easily pose as the ancestors of the American beets, and they are cooked and used in much the same way as beets are used on American tables. There is a peculiar kind of lettuce which has an unpronounceable name, as well as a most unhappy taste, that is very popular among the Chinese for boiling with dried fish.

Water sprouts look about as chicory salad would look if cut into small pieces. They are used in almost all Chinese sauces and are very crisp, with a slightly bitter flavor. Another staple article is the water chestnut. These nuts are pared and eaten raw, or they may be cooked with the favorite chicken and mushroom dish, or again cut fine and added to a rich brown gravy which has grated pineapple in it and is often served with the dish known as "pineapple pike," an especially good fish concoction.

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A great deal of horse-radish is used in Chinese cooking, therefore the market is plentifully supplied with it, and it vies with green peppers, onions, and turnips for first place. Ginger root is prepared in several ways and takes the place of the pepper when it is out of season. The sweets offered in Chinese markets are sugar cane, rice cakes, and candies; preserved, sugared, and dried fruits; sugared ginger, and sweet flag roots.

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CEREALS

THERE are so many cereals on the market, recommended by physicians and food specialists, that to treat the subject at length is hardly necessary here. So only the simplest recipes for the cooking of the best-known cereals are given.

Corn-meal Mush

Put two quarts of water and two teaspoons of salt into a mush kettle, and when it is boiling sift in slowly a pint and a half of yellow corn meal. Boil rapidly for ten minutes, then set back on the stove, and allow it to cook very gently for two hours. The mush may then be seasoned with a small lump of butter and a tablespoon of sugar, then turned into a wet mold and allowed to harden. When cold it may be cut down and fried, and eaten as a breakfast dish with maple syrup. Or it may be eaten hot with cream.

To Boil Oatmeal

Put one quart of water into a double boiler with a teaspoon of salt and bring to boiling point. Sift in very slowly six tablespoons of oatmeal (Scotch or Irish). Bring it to boiling point and allow it to boil gently, but steadily, for four hours. Serve seasoned to taste with cream or butter.

Hominy

There are two kinds of hominy: one is the entire grain and the other is the ground grain after the hull has been removed; both kinds have to be soaked in cold water twelve

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hours before being cooked, both, also, double in quantity with the soaking.

They are put to cook in the morning in fresh boiling water and allowed to boil four or five hours; a teaspoon of salt is added to each pint of hominy. As it absorbs the water while cooking it must be watched and more water added as needed. The last time water is added allow it to cook until all the water is absorbed, so it is dry when the seasoning is added just before service.

On the containers of all the breakfast foods will be found adequate recipes and directions for their use.

Farina Dumplings

Bring one quart of milk to a boil, stirring in slowly ten ounces of farina, and boil till well done, continually stirring. After cooling, stir in a tablespoon of fresh melted butter, three well-beaten eggs, a half pound of flour with one and a half teaspoons of baking powder and a little salt. Mix well and drop with a tablespoon into boiling water, well salted. Boil fifteen minutes till they rise, take out with a skimmer, and serve hot with fruit sauce.

RICE DISHES

It is said that rice forms the principal food of one half the population of the earth, and it is unquestionably used more generally than any other cereal. The creoles use it from one to three times a day, but rarely use sugar with it, preferring to have it served hot with any sort of good gravy.

Rice should always be served dry, steaming hot, with every grain separate if it is used plain boiled as a vegetable. In fact, it should be cooked in that way before it is added to any combination either as a vegetable or as a dessert.

There are said to be one thousand four hundred different varieties of rice; in the United States six grades are home grown. From Honduras come three varieties: a long

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whole grain, a long partly broken grain, and a finely broken grain. From Japan we get a round whole grain, a round partly broken grain, and "screenings."

When the housewife once learns to cook rice as the Chinese cook it, she will have mastered one of the real arts of good cookery, and this practical recipe may be of use to her.

To Cook Rice

Wash one cup of rice through six waters until all cloudiness is removed and drain it thoroughly. Have ready boiling three cups of water, to which add a saltspoon of salt and a saltspoon of butter; add the rice slowly so that the water will not stop boiling. When it is all in, tilt the cover over the saucepan and do not stir the rice but depend upon the boiling water to keep the grains jumping. Allow it to boil about fifteen minutes to absorb the water fully, then remove the cover and, at the same heat, let the rice dry out for five minutes, watching it carefully. If cooking over gas, lower the flame after five minutes and continue the drying out process for fifteen minutes or so, when it will be ready to serve in any way one may desire.

To Boil Rice

To use rice as a vegetable it should be so cooked that each grain is separate. To have it this way proceed as follows: Wash three quarters of a pound of rice in cold water, let it soak for an hour, then have ready a saucepan of boiling water and drop the rice in, keep it boiling quickly until done; add a dash of salt, and throw the rice into a sieve to strain it. Pile on the center of a dish of fried chicken or use around the edge as a garnish.

Rice washed in hot water is more quickly cleansed and freed from starch than when washed in cold water.

Rice Pilau

Put a half pound of rice into cold water, add a dash of

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salt, and boil slowly, drain off the water, and freshen it with cold water, and cover closely with a cloth to steam, placing it in a warm place to swell. Melt a half pound of butter, pour over the rice, garnish with parsley, and serve.

Rice Milanese

To make the rice milanese, boil six ounces of rice in a double boiler until tender, chop and fry one onion brown; add two pealed tomatoes and cook until tender, then add to the rice with the yolks of two eggs, one and a half ounces of grated cheese and seasoning. Mix well and serve with English brown sauce.

Fried Rice

Boil the rice and cool it in a square mould; cut in half-inch slices, roll in flour, and fry in very hot fat. Drain on brown paper, season, and serve with chops.

Hot Honey and Rice

Wash a cup of rice in a number of waters until the cloudiness disappears, drain, and plunge into a quart of boiling water, adding a teaspoon of salt and lard the size of a filbert. Boil twenty minutes, drain, and mix with two heaping tablespoons of butter and a small cup of strained honey. Serve with a spoonful of whipped cream on top of each portion.

Rice Fritters

Mash a cup of cold boiled rice thoroughly with a cup of milk and one well-beaten egg; add to this batter a half cup of sifted flour and a half teaspoon of yeast powder, a pinch of salt, a heaping tablespoon of sugar. Mix thoroughly and drop by spoonfuls into hot fat. When done, drain, and serve with any kind of roast meat.

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MACARONI AND SPAGHETTI DISHES

The best macaroni comes from the continent of Europe—best for the reason that it cooks more tender than any other, though there are two or three American brands that seem to be constantly improving.

The macaroni which is of a yellowish color is usually the best; the white kind is inferior and lacks body. It increases in boiling at about a fourfold rate, so one may judge in this way the quantity to use for the number of portions to be served. To boil macaroni properly (and the same rules apply to spaghetti), have the water boiling and jumping, throw into it a tablespoon of salt, then break the macaroni into desired lengths and drop it into the water a little at a time, so as not to stop the water boiling. When it has boiled from fifteen to twenty minutes, pinch a piece between the thumb and finger to test whether or not it is perfectly done. Then throw it into a sieve and pour first lukewarm water through it, then cold water, which will remove the mucilaginous liquid that makes it cling together. Pour it back into the basin and it is ready to fix in any of the various dishes which have been selected for the day.

Baked Macaroni

Make a cream sauce, not too thick; add to it a dash of paprika, a half cup of grated English cheese, and the boiled macaroni. Put all into a well-buttered baking dish, sprinkling the top with a tablespoon of very dry bread crumbs mixed with a little of the cheese, and bake a delicate brown.

Macaroni Cutlets

Boil and prepare the macaroni as above. When ready chop it slightly and add six ounces of bread crumbs, a teaspoon of thyme, and one of parsley. Fry in butter three finely sliced onions and two tomatoes; when done, turn into the mixture, adding one egg, a tablespoon of sugar, pepper, and salt. Shape into cutlets, roll in flour, and fry in hot fat, drain and serve with a rich smooth tomato sauce, garnished with parsley and toast sippets.

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Macaroni with Saffron Curry Sauce

Boil a half package of macaroni in the usual way. To one pint of red stock add a half teaspoon of curry powder and a saltspoon of saffron, rub a little flour and butter together, and thicken the sauce to the consistency of honey; add salt, a teaspoon of sugar, and heat the macaroni in the sauce until it is hot, then serve.

Macaroni with Spinach

Have ready boiled and blanched a package of macaroni broken into short lengths. Wash thoroughly two quarts of spinach and boil it in the usual way; when done, drain it carefully, chop very fine, drain it again, then pan it in butter. Place the macaroni on a hot platter, turn the spinach in the center of it, dust the top with pepper and salt, pour over all a gill of melted butter, and sprinkle the top with a little freshly grated Parmesan cheese.

Italian Spaghetti

To one package of boiled and blanched spaghetti add a small cup of bread crumbs that have been fried in butter and drained, with a dusting of pepper and salt, a gill of melted butter in which a half teaspoon of powdered saffron has been mixed, and a cup and a half of smooth tomato sauce about the consistency of honey. Wipe the serving dish with a bud of garlic and turn in the mixture.

Spaghetti Cutlets

Boil a half package of spaghetti until done, then drain, blanch, and chop it in small pieces. Add to it six ounces of bread crumbs, one large onion that has been chopped and browned in butter, a teaspoon of chopped parsley, a tea-

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spoon of lemon juice, a couple of tomatoes that have been chopped and fried with the onion, a saltspoon of pepper, and two saltspoons of salt, a dash of sugar, and one beaten egg to bind the mixture. Mix all well and shape into cutlets. Dip each in egg, roll them in flour, then fry them in hot fat. Serve with a rich smooth tomato sauce.

Buttered Spaghetti

Boil a half package of spaghetti as usual; add a teaspoon of fresh fennel seed to a half pint of melted butter and let simmer for five minutes without burning; add a teaspoon of onion juice, a saltspoon each of salt and cayenne pepper, and mix with the spaghetti. When hot remove from the fire and stir into it a half cup of grated English cheese.

Spaghetti à la Turque

Boil half a package of spaghetti, wash and drain, then chop it quite fine, and add a half pint of fine dry bread crumbs, with a grated onion, two tablespoons of chopped parsley, a saltspoon of pepper, and a half teaspoon of salt, a tablespoon of chutney syrup, a generous rating of nutmeg, and one beaten egg. Turn the mixture into small, buttered cups, and steam for an hour and a half, then turn out on to individual plates and cover with a rich brown gravy.

Spaghetti in Tomato Aspic

Boil and blanch a package of spaghetti, then chop it coarsely. Take a large can of tomatoes and add a little chopped celery, a sliced onion, and a bunch of savory herbs. Boil this mixture for half an hour, then strain; add to the strained tomato juice three heaping tablespoons of powdered gelatine that has been soaked a little while in cold water. When the gelatine is thoroughly melted, add seasoning to taste, and strain the sauce over the spaghetti. Pour all into a mold that has been wet with cold water and set aside to

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chill and harden. When ready to serve, turn out of the mold and slice on lettuce leaves, covering each slice with rich mayonnaise.

Vermicelli and Noodles

Vermicelli is made of the same paste that macaroni, spaghetti, and angel tresses are made of, which is a wheaten flour flavored with other articles and worked up with water into a paste. The finest is made from the flour of the hard-grained, Black Sea wheat.

Besides being used in broths and soups the vermicelli may be used as a vegetable, being plain boiled by being plunged into boiling salted water and boiling rapidly for ten minutes, then drained and served in tomato sauce or butter sauce.

Vermicelli Custard

Boil, drain, and blanch a half box of vermicelli; then add to it a cup of hot milk, a cup of hot cream, a cup of sugar, three beaten eggs, a teaspoon of vanilla, a grating of nutmeg, and twelve large seeded raisins that have been allowed to marinate in ginger syrup for a half hour. Pour all into a buttered baking dish and set the dish in a pan of hot water in the oven until the custard sets. Serve the pudding hot or cold with whipped cream.

NOODLES

Though noodles may be purchased ready-made in any quantity or shape desired, made of the same Italian paste that the macaronis are made of, they are nicer when made at home. The various Italian pastes contain about the nourishment of our white bread. But used in combinations with vegetables and meats they make very satisfactory and wholesome dishes.

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To Make Plain Noodles

Take four tablespoons of flour and add to it one well-beaten egg, mixing thoroughly; when the dough becomes hard knead it until it becomes soft, pliable, and free from stickiness. Then roll it out in a very thin sheet, place it on a linen cloth, and hang it in the air for about fifteen minutes so that it may dry, then roll it tightly and, beginning at either end of the roll, slice it down thinly with a sharp knife. When cut, shake the noodles up, place them on a clean sheet of brown paper, and let them dry in the sun, or in a cooling oven for a couple of hours, then put them into a mason jar and screw down the cover tight. They are then ready for use.

Besides being used in soups noodles are made into many so-called made dishes.

Noodles with Brown Sauce

Take two cups of noodles and add them gently to a quart of boiling salted water and boil ten minutes. Drain carefully, then add them to a well-seasoned brown sauce, and serve them with a steak or pork tenderloins.

Escalloped Noodles

Boil the noodles in the usual way, drain and put a layer in the bottom of a buttered baking dish. Then put a layer of diced carrots, potatoes, and a grated onion, a dusting of pepper and salt, and a teaspoon of sugar. Then add another layer of the noodles and continue in this way until the dish is full. Then turn over all a gill of melted butter and a cup of well-seasoned tomato sauce which is about the thickness of strained honey. Bake for thirty minutes and serve with any good roast. If a small lump of butter is added to the boiling water in which any of the macaroni pastes are to be boiled, it will prevent them from sticking to the saucepan.

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SALADS

STUDY should be given to the making of several kinds of salad dressings and to ascertaining with which kinds of food they best combine so as to be wholesome and digestible.

Lettuce must be fresh, well washed, crisp and cold, and wiped dry before it is used, so that water will not thin the dressing. Celery should be white and crisp, onions, shalots, leeks, garlic, and chives must be fresh and ready at hand if needed. The best olive, walnut, or peanut oil that can be purchased or the best butter to melt should alone be used in dressings.

Fruit salads, always appealing, are doubly so when spring brings the fruits in variety. All juicy fruits prepared for salads should be placed in a little white enamel strainer over a bowl while they are chilling so that when the salad is prepared the juices may not thin the dressing. The fruit juices may always be used with carbonated water for a cold drink, or made up as a pudding sauce.

Salad garnishes are in wide assortment, with all of the different lettuces, chives, onions, cucumbers, and tomatoes cut in fancy ways; cold cut vegetables; red beet leaves to mix with the lettuces; radishes, red and green peppers, fresh olives, green almonds, pickled corn, fish pastes, olives, pepper, and cold boiled egg rings, cockscombs, kidneys, and fancy bottled hors-d'œuvres that come in variety. All these are aids to the salad garnisher. Egg pond-lilies and tomato roses and baskets must not be overlooked.

With the use of proper sauces, cold fish and shellfish may be utilized in making salads. Fish salads are little used, because people do not understand adding ingredients

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which lighten them sufficiently to make them acceptable, or they put on dressings which soak into and separate the fiber so as to make the whole salad seem unpalatable.

Fish to be used for salads must be very fresh and cooked only until they are done, not until they are soft. They must be drained carefully, cooked quickly, and prepared just before they are needed, with the dressing added, just as the salad goes to the table. Fish salads should never be allowed to stand after being dressed.

In springtime one's thoughts naturally turn to the fresh growing green things for salad use instead of the heavier combinations used during the winter. Freshly plucked watercress and young dandelion are the first real outdoor salad material grown according to nature and not cultivated by man. Then early lettuces, upland cress, romaine, field lettuce, chicory, peppergrass, and a number of others familiar in different localities are much sought after for the salad dish.

Scissors are useful for cutting fruits, green pepper rings, dough for biscuit, the wings and sinews of fowls, the string and thread used in trussing, the centers out of grapefruit, toast fingers and a dozen other things for which a knife is useless. It is difficult for a cook to get along without them.

They should be kept clean and bright and hanging on a convenient nail, near the string bag.

Chapon

The chapon is a slice of bread stuck with four garlic buds, four cloves, and slightly moistened with tarragon vinegar. It is laid in the salad bowl under the salad to flavor it.

FISH SALADS

Oyster Salad

Select one quart of solid oysters, and when their liquor comes to a boil add the oysters. When they boil up once

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remove the oysters, drain and cool. Take three egg yolks, half a cup of butter, a quarter cup of sugar, half a cup of vinegar and a tablespoon of dry mustard. Stir the ingredients over the fire until the eggs begin to thicken, then remove from the fire but keep stirring for two minutes or until the mixture is thoroughly smooth. Shred the hearts of two heads of white lettuce and mix one cup of finely chopped celery with the oysters. When the dressing is cold lay up the salad and garnish with olives and a little chopped red pepper. If the oysters are large they may be cut through once or twice. This will serve six people.

Scallop Salad

Drain and dry one quart of large scallops, dip in beaten egg, and roll them in fine cracker crumbs, to which add a tablespoon heaped up of grated English cheese, a saltspoon of pepper, and a half teaspoon of salt. Drop singly into hot fat. When a delicate brown lift and drain on blotting paper. After they have become cold, serve on lettuce leaves or in very thin patty shells covered with tartare sauce and garnish with watercress. This will serve six people.

Codfish Tongue Salad

Allow one codfish tongue to each portion. Wash and put them on in cold water, adding a bunch of savory herbs, a stalk of celery, an onion, a clove, a saltspoon each of pepper and salt, and a tablespoon of vinegar. When they reach the boiling point allow them to boil ten minutes, throw them into cold water, skin and trim and place on ice to chill. When chilled slice them thin and allow them to marinate in French dressing twenty minutes. Add one cup of chopped cucumber and mayonnaise made with mustard, toss the salad lightly, nest in white lettuce leaves, garnishing with cress and capers; serve small beaten biscuits with the salad. This will serve four people.

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Frogs' Legs Salad

Parboil frogs' legs until tender; one dozen will yield two cups of meat when picked from the bones. Add to them one chopped red pepper and a half cup of chopped celery; sprinkle with a little salt and mignonette pepper. Parboil a quarter pound of calf's liver; when done, chop finely and add it to one glass of melted apple jelly; add a dash of red pepper, juice of half a lemon; when cool turn over the salad, chill well, and serve in lettuce leaves garnished with olives and pimentos. Will be sufficient for four people.

Shad Roe Salad

Boil two large shad's roes in salt water. Be careful not to boil them so that they break in pieces. When done, drain and cool. As soon as cold, cut into slices, dust with salt and pepper, juice of a lemon, tarragon vinegar, and juice of an onion; let stand three hours. A half bud of garlic will improve the flavor, if garlic is liked. Drain and lay on white lettuce leaves, cover with mayonnaise with a dash of paprika in it and garnish with watercress. Will serve six people.

Baked Lobster Salad

For the salad take the meat of one boiled lobster weighing two and a half pounds, shred as finely as possible, add a half cup of bread crumbs, a tablespoon of chopped walnuts, one beaten egg, two tablespoons of melted butter, and a tablespoon of cream. Form the mixture into miniature croquettes the size of large queen olives, roll in egg and very fine crumbs, put on buttered baking pan, and bake in the oven to a delicate brown, basting with a teaspoon of melted butter and a tablespoon of sherry. When cool serve on lettuce leaves with heavy mayonnaise, garnished with olive rings and lobster coral. Will serve four people.

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Mussel Salad

Either steam the mussels fresh, or the spiced mussels in bottles may be used. If the latter are chosen, drain them carefully and put them to marinate in French dressing. When ready to lay up the salad, drain the mussels and add to them a cup of finely chopped celery, a finely chopped red pepper, and a heart of lettuce cut up fine with the scissors. Toss the salad in light mayonnaise and serve it garnished with white egg rings and olives. This will serve four people.

Chicken Halibut Salad with Fresh Tomatoes

Cut three pounds of chicken halibut in one-inch slices and cook them in a court bouillon made of two quarts of cold water, one carrot, two onions, half a wineglass of vinegar, and season to taste with thyme, bay leaves, parsley root, salt, and pepper. Boil the bouillon thirty minutes, then allow it to cool before putting the fish into it. Cook at boiling point ten minutes, then remove from the fire, and chill on the ice. Make a dressing of one soupspoon of French mustard, one spoon of tarragon vinegar, three spoons of olive oil, one-half teaspoon of salt, one-half teaspoon of chervil and chives, and pepper to taste. Put a slice of chilled fish on a slice of tomato and add the dressing. Garnish the salad with olives and cold boiled egg stars. This will serve eight people.

Snapper Salad

Carefully flake a pound and a half of cold boiled red snapper and add to it one cup of chopped celery, six olives and three gherkins chopped fine, and three tablespoons of French dressing to which the juice of an onion has been added. Cut the white centers from two heads of chicory, wash, cut into small pieces and toss with the salad. Add sufficient heavy mayonnaise to mix the salad thoroughly

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and serve in white lettuce leaves garnished with capers that have been washed in ice water, and a little chopped red pepper and olives, the green and red garnish being especially decorative with the brilliant colored fish. This will serve four people.

Shad and Pineapple Salad

To two cups of boned and flaked cold boiled or broiled shad, add three quarters of a cup of chopped celery, one cup of chopped, drained pineapple, a saltspoon of pepper and a half teaspoon of salt, and one tablespoon of chutney syrup added to two tablespoons of French dressing. Toss all together. Add the heart of one white head of lettuce cut in ribbons, and serve on green lettuce leaves with a tablespoon of mayonnaise on top of each salad portion and garnish with a little ear of pickled French corn. This will serve four people.

Crab and Fresh Olive Salad

Add to one pound of flaked crab meat one cup of finely chopped celery, one cup of seeded and chopped fresh ripe olives, one finely chopped gherkin, and a small red pepper cut into ribbons. Toss the salad with three tablespoons of French dressing made with walnut oil, serve in white lettuce leaves with a tablespoon of mayonaise, made also with walnut oil, on each portion, with one pitted ripe olive in the center. This will serve four people.

MEAT AND GAME SALADS

Russian Salad

Take one cup of chopped cold boiled tongue and add a half cup of chopped cabbage, half a cup of chopped celery, three chopped peppers, and one thinly sliced or chopped Spanish onion. To one cup of mayonnaise, add enough ketchup to color the dressing a light pink, then add two gher-

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kins, one pepper, two shalots, three olives chopped fine, and three sardines that have been flaked with a silver fork. Toss the salad lightly and put one hard-boiled egg through the ricer over the top, as a garnish. This will serve six people.

Swiss Chicken Salad

Prepare the chicken in the usual way, add a cup of chopped celery, quarter of a cup of ground nuts, and a can of French peas drained. Mix the salad with a dressing made of one cup of sour cream, the juice of half a lemon, two teaspoons of vinegar, one of sugar, a half saltspoon of pepper, and a saltspoon of salt. Serve in lettuce with red beet leaves and nasturtium blossoms for garnish. This will serve four people.

Chicken Salad Pie

For the chicken salad pie make a large shell of good pie crust, rolled rather thin and baked over a well-buttered, inverted, deep, jelly layer tin. Prepare a good chicken salad in the usual way—white meat, chopped celery, hearts of two heads of chicory cut fine, and a small white heart of lettuce cut into ribbons. Toss all lightly in good mayonnaise, to which the juice of half an onion and a half cup of whipped cream have been added. Fill the pie shell with the salad, heaped up, and garnish it with olives in red pepper rings and a hard-boiled egg cut down into eight quarter-shaped pieces and laid open in the center like a flower with a little heap of finely chopped red pepper in the center. To eat with the salad, powder a few triscuits with grated cheese and a dusting of red pepper, heat them in the oven until the cheese melts and then serve. This will serve six people.

Veal Salad

Take a cup and a half of finely minced cold veal, add some finely chopped celery and cut lettuce. Season highly

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and mix well with a heavy mayonnaise. Cold lamb may be used in the same way in an emergency.

Baked Sweetbread Salad

Parboil and blanch a good pair of fresh sweetbreads. When cold, split and thickly spread with a mixture of chopped olives, nuts, yolk of hard-boiled egg, and a green pepper after removing the seeds, butter, and a dusting of cracker crumbs, all worked to a paste. Spread the paste on the sweetbreads, tie the halves together with the kitchen tape, sprinkle with pepper, salt, and a little melted butter. Bake a delicate brown in a hot oven, and when cold slice in thick slices and arrange them on lettuce leaves, serving with mayonnaise dressing. Will serve four people.

Austrian Pigeon Salad

Cut the meat from two boiled pigeons, add to it one cup of finely chopped celery, three quarters of a cup of finely chopped walnuts, add the crumbs of six stale macaroons, one very finely chopped red pepper with six finely chopped olives, and to the heavy mayonnaise add a teaspoon of fresh fennel seed and a tablespoon of whipped cream. Toss the salad lightly in the dressing, wipe the inside of the salad bowl with a bud of garlic, then line it with white lettuce leaves and lay up the salad, garnishing the top of it with quarters of deviled egg. Will serve six people.

Duck and Orange Salad

Take a cold roast duck and dice enough meat to make two cups, pare two firm juicy oranges, dice the flesh and put it in to chill, and drain in a small white enamel sieve. Shred a small head of white lettuce, chop celery enough to make a half cup. When ready to serve toss the ingredients in three tablespoons of French dressing, then add heavy mayonnaise made with mustard, garnish with olives stuffed

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with celery and chopped red peppers. Will serve four people.

Salad Puffs

Roll good puff paste thin and cut pieces four inches wide by eight inches long; roll, stuff the roll with soft paper to keep its shape, and seal with white of egg. Bake a delicate brown. When cold pull out the paper, fill with finely chopped and rich chicken salad, dipping the end in whipped cream, then into powdered nuts. Serve two, tied with narrow white satin ribbon on a lace paper doily, to each guest.

Squab Salad

Parboil six squabs and a pair of sweetbreads. When the birds are done and cold, strip the meat from the bones and dice it. Add to it the diced sweetbreads, one cup of chopped celery, one half cup chopped pecan nuts, the white hearts of two heads of chicory cut fine, one hard-boiled egg chopped, and a half cup of olive rings. Add to the mayonnaise a tablespoon of chutney syrup and a dash of cayenne pepper. Mix the salad well and serve in deep lettuce leaves.

VEGETABLE SALADS

The usual well-known salad combinations of vegetables that have been boiled and diced, lettuces, cucumbers, tomatoes, and the usual salad ingredients have been omitted. The following recipes are unusual enough to be worth considering.

Barbe de Capucin

There are three varieties of the barbe to be found in our markets (perhaps it is better known to most of us as "chicory"; in some localities it is "goat's beard" or monk's beard"), but they all belong to the endive family. Barbe

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is the pale green variety, blanched is the white loosely curled, and witloof is the pinkish curled solid heads.

Endive in salad may be dressed with a French dressing made with horse-radish or beet vinegar, or may be stuffed with Roquefort cheese and have a French dressing, to which a half cup of grated pineapple has been added. Or one may add to the French dressing a tablespoon of Mandalay sauce, a tablespoon of East India chutney sauce, or a teaspoon of preserved sweet mixed pickles. Any of the mayonnaise sauces prepared or plain do not go as well with this bitter salad as the thinner sauces do.

Stuffed Endive Salad

Take firm, crisp stalks of endive, force open the leaves and fill them with a mixture of Roquefort and cream cheese, blended together with a little heavy French dressing. Fold the leaves back in place and serve on lettuce. Garnish with pimento olives.

Romaine Salad

After careful washing, cut the romaine for the salad into strips with the kitchen scissors, and cut the peppers also in very thin strips. Before making the French dressing wipe the inside of the bowl with a bud of garlic. Do not dress the salad until just before it is served, so that it will be light and crisp. Cheese wafers or crackers and cheese will be nice with the salad.

New Potato Salad

Boil eight medium-sized potatoes; when done and cold, pare them and cut them into slices or dice them. Let the potatoes marinate for twenty minutes in heavy French dressing to which have been added a bud of garlic and the juice of four onions. Have ready a rather thin mayonnaise, to which add one finely chopped cucumber from which

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the seeds have been removed, a small stalk of celery, one red pepper, and three olives also chopped fine. Line the salad bowl with lettuce leaves, drain the potatoes, then toss all in the mayonnaise, turn into the salad bowl, and garnish with quarters of hard-boiled eggs and strips of red pepper. The French dressing drained from the potatoes may be used again for another salad. This will serve six people.

Cauliflower Bouquet

Select one large perfect cauliflower and boil until tender, but not soft enough to break; drain it and set it to cool. Arrange in the salad bowl a lining of well-washed red and green beet leaves; place the cauliflower in the center; cover with remolade dressing made of one beaten raw egg, a teaspoon of mixed mustard, three tablespoons of olive oil, a tablespoon of vinegar, and a teaspoon of chutney syrup. Garnish with little carrot roses that have been marinated in lemon juice and sugar for half an hour, and put in the center of each a little bit of chopped red pepper. This will serve six people.

Cranberry Salad

Stew one pint of large cranberries in as little water as possible and, when done, sweeten with a cup of sugar and let them get cold. Add to them one cup of chopped nut meats and a cup each of chopped celery and apple. Add the juice of half an orange and half a lemon, and fold in a small quantity of mayonnaise made without mustard. Crackers and cheese are nice with this salad. This will serve six people.

Hot Beet Salad

Boil enough medium-sized beets to allow one to a portion. When done and skinned, hollow out the centers, leaving a deep cup, and set them in a steamer to keep hot. Chop

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the beet pieces with two peppers, two gherkins, two tablespoons of pine nuts, and a teaspoon of pickled nasturtium seeds. Make the same sauce as for the cabbage salad, adding, when done, a tablespoon of chopped chutney sweet pickle. Add to the sauce the chopped ingredients that are left after filling the beet cups and turn it hot over the beets. Serve tiny finger rolls with this salad.

Pakchoi, Chinese Salad

Take one head of Chinese cabbage salad, wash, break it apart, and cut it into pieces with the kitchen scissors. Take one bunch of pakchoi (mustard vegetable), wash, cut the leaves with the salad, chop one red pepper and one onion very fine and add them to the salad. Take two slices of pickled pork, dice and fry a delicate brown, but do not fry to a crisp; drain, cool, and add the squares to the other salad ingredients. Make a thin mustard mayonnaise, adding to it a tablespoon of fat from the pork; also add a tablespoon of ginger syrup, toss the salad lightly with the sauce, and serve with crackers made of rice flour. This will serve six people.

Fried Salad

This very odd salad, which is of Bohemian origin, is excellent to serve with a game dinner. Remove all the green leaves from a white head of cauliflower; wash thoroughly, then let it boil in salted water until tender though firm. Drain, and when cold slice in medium slices, dip in egg, dust with very fine cracker crumbs, and fry in butter. Drain and cool, and when cold lay the slices on white lettuce leaves and turn over them a sour cream dressing. The dressing is made of one gill of sour cream, the juice of half a lemon, and two teaspoons of sugar. Garnish each portion with a small sweet pickled, yellow tomato. Will serve six people.

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Fenuchi Salad

The Italians eat fenuchi as we do celery and the tops they boil with meat. Fenuchi makes an excellent salad cut fine with diced pineapple; dress with heavy mayonnaise and serve on white lettuce leaves. Just before adding the mayonnaise add a heaping tablespoon of whipped cream and a tablespoon of good sherry. Serve cheese straws with the salad. One bunch of fenuchi will serve four people.

Fennel Seed Salad

Wash carefully two tablespoons of fresh fennel seed and then marinate them in French dressing that has been highly seasoned and has a saltspoon of mignonette pepper added to it. Line the salad bowl with dark green lettuce leaves. Cut the hearts of two heads of romaine and the white centers from two heads of chicory, cut them up into pieces with the kitchen scissors, wash, and drain. Dice the flesh of one large or two small alligator pears; mix the salad, turning the fennel sauce over it. Serve garnished with the following: Take the yolks of three hard-boiled eggs, soften them to a paste with the juice of an onion, a half saltspoon of pepper, a saltspoon of salt, a dessertspoon of very finely chopped pecan nut meats, and a little French dressing. Add a teaspoon of anchovy paste, mix thoroughly, then mold into balls. Halve and stone enough large olives to press one-half on either side of each egglet; dice the white of one of the eggs and heap it in the center of the salad, dusting it with paprika; lay the egglets around the edge. This will serve six people.

Baked Bean Salad

Take two cups of cold baked beans and a half cup of the lean pork diced that has been baked with the beans. Mix two tablespoons of olive oil, one tablespoon of vinegar, the juice of an onion, a saltspoon of salt, a half saltspoon of

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red pepper, two tablespoons of tomato ketchup, a tablespoon of sugar, and two tablespoons of mustard sauce. Beat all well together, add one cup of finely chopped celery and after the salad is carefully mixed serve on lettuce leaves with brown bread toast fingers.

Tansy Salad

Select a large, heavy grapefruit, separate the flesh from the bitter skin in as large segments as possible, then set away in the strainer to chill. Line the salad bowl with green lettuce leaves: then cut into pieces one head of lettuce or romaine; add the grapefruit and sprinkle over it a heaping tablespoon of finely chopped tansy; turn over French dressing and garnish with white hard-boiled egg rings with an olive curl in the center of each, the curl being lightly spread with anchovy paste. This will serve four people.

Truffle Salad

Take one third artichoke bottoms, cut the size and thickness of a nickel, one third black truffles, cut in thin round slices like the artichokes, and one third asparagus tips cut about three quarters of an inch long; mix together and season with French dressing and a little mustard. Serve in lettuce leaves, garnished with pimento olives. Another way to arrange this salad is to line the salad bowl with lettuce leaves, place the truffles in the center, arranging alternate bouquets of the asparagus tips and artichokes around the edge, turning the dressing over all.

EGG, NUT, AND CHEESE SALADS

Cream Cheese with Macédoine Vegetables

A tablespoon of finely chopped pimento, of green pepper, and of olives is the right proportion for a ten-cent square of cream cheese. Moisten with a little French dressing and

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pack in after-dinner coffee cups. This makes a pretty-sized slice when turned out, cut, and served on lettuce leaves. This amount will serve four people.

Endive and Roquefort Cheese Salad

In making the salad, after washing the endive, loosen the center leaves and stuff with Roquefort cheese which has been mashed soft, with a little French dressing. Serve sliced down on dark green lettuce leaves with French dressing and toasted water crackers. One pound of endive will serve four people.

Deviled Salad Balls

Take the yolks of four hard-boiled eggs and devil them, with a saltspoon of salt, the same amount of pepper, tablespoon of olive oil, a dessertspoon of worcestershire sauce, to form the paste, then form into little balls; roll in powdered nuts and drop into the salad among the leaves. Cover with mayonnaise.

Extra mayonnaise may be placed in the center of the salad in a half-lemon skin, having a slice cut from the bottom, so that it will stand upright.

Pineapple and Cheese Salad

For the salad pare and dice one large pineapple. Add to it half a cup of chopped celery, and the white center of a head of chicory cut up fine. Take a package of cream cheese and a piece of Roquefort cheese about the same size, add a saltspoon of salt, half saltspoon of red pepper, a tablespoon of finely chopped pecan nuts, the juice of a small onion, and enough cream added very slowly to make a molding paste. Fashion into balls the size of a marble, line the salad dish with dark green lettuce leaves. Drain the fruit, cover with heavy mayonnaise, and garnish the top with green pickled cherries and the cheese balls.

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Frozen Cheese Salad

This frozen salad is good to serve to break a heavy dinner, instead of an ice or frozen punch.

To make it beat one package of cream cheese with a quarter of a cup of sweet cream, six finely chopped raisins, a saltspoon of salt, a half saltspoon of paprika, a saltspoon of sugar, a tablespoon of sherry, and a teaspoon of powdered pecans. Mix well, turn into a freezer, but do not freeze hard. Remove in time to mold, then pack in ice until ready to serve, when it is to be sliced onto lettuce leaves and covered with mayonnaise made without mustard. This will serve four people.

Bird's Nest Salad

Take as many hearts of white lettuce as there are portions to be served, wash, and with kitchen scissors hollow out the centers by snipping out two or three of the leaves. Mix to a paste a package of cream cheese and the same weight in Roquefort, the juice of an onion, one red pepper, four olives, and a quarter cup of pecan nut meats chopped fine, a tablespoon of chutney syrup, a saltspoon of mignonette pepper, and enough sweet cream to make the paste soft enough to mold. When ready mold into eggs the size of marbles, put six in each nest on a little of the lettuce shredded, and send to table with a tureen of Russian dressing made of mayonnaise, to which add enough tomato ketchup to color it a delicate pink, add juice of an onion, a teaspoon of chopped red and green pepper, and a finely minced shalot.

Fresh Olive Salad

Take one can of ripe olives, drain, halve, and seed, add half a cup of chopped celery, half a cup of chopped walnuts, a half red pepper, two tablespoons of grated pineapple. Mix well with three tablespoons of French dressing, serve

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in white lettuce leaves with a tablespoon of mayonnaise on each portion, in the center of which place one stoned olive. This will serve four people.

Litchi Salad

The litchi nuts, ripe and bottled, come from the Island of Madagascar and are about the size of a large olive. They are wrinkled like a preserved fruit and are a pinkish fawn in color. Their pits are edible and add a good flavor to the salad. They must be drained and then may be cut in half. Add a half cup of chopped celery, some shredded white lettuce, and dress the salad with Madagascar sauce. This is a very rich mayonnaise with heart of palm chopped through it. A pint bottle of the nuts will serve four people.

Bonbon Salad

Shape small sized balls of new pimento cheese and roll them in finely ground pecan nuts, press a half white grape on either side of the cheese. Allow six to a portion arranged on white lettuce leaves, and cover with heavy mayonnaise, to which a little whipped cream has been added just before serving.

A New Egg Salad

Boil six fresh eggs until hard; peel them after they are cold, and cut each into six melon shaped pieces. Chop enough celery to make one cup, cut small the white centers of two heads of chicory, grate one onion and one cucumber after removing the seeds; mix all in the salad bowl and toss in mayonnaise that is slightly thinned by the addition of a tablespoon of chutney syrup and a tablespoon of whipped cream. Serve on lettuce leaves and garnish with a little chopped red pepper. This salad will be sufficient for four people and is good with cold meat for luncheon.

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Hazelnut Salad

Shell and blanch one pound of hazelnuts and grind half of them fine in a grinder. Grate half of a pineapple, mix with the nuts and a tablespoonful of sherry, juice of half a lemon, and a tablespoon of powdered sugar. Let stand one hour, then drain and add a package of cream cheese, mix to a paste, then make into balls with a whole nut in the center of each, pile on white lettuce leaves, and cover with mayonnaise. This will serve four people.

Salade au Nid

Boil eight fresh eggs hard. When cold cut lengthwise and remove the yolks, then cut the whites into strips. Mash the yolks to a paste with a tablespoon of olive oil, juice of an onion, teaspoon worcestershire sauce, and six finely chopped pimento olives. Have boiled until tender and finely chopped one slice of calf's liver; add to this a small package of cream cheese, a teaspoon of sugar, a saltspoon of pepper, a saltspoon of salt, and enough sweet cream to make a paste; blend it with the egg paste and form into balls. Form a nest of the white strips on white lettuce leaves and allow five or six of the cheese balls to each portion. Before serving cover each portion with mayonnaise and garnish with a single spray of watercress.

THE MAKING OF CANNED SALADS

If unexpected company arrives just at the dinner hour, and one wishes to add a salad to the dinner already planned, why not make use of canned salad material? Living a little distance from the grocer's shop is sometimes as unfortunate as being a mile away; the housekeeper will see to it that a few cans of available salad material are always at hand. A bottle of macidoine vegetables, salmon, sardines, artichoke hearts, olives, gherkin pickles, chow-chow,

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pickled onions, pickled beets, a bottle of pickled lambs' tongues, tunny fish, herring roe in oil, game pâté, canned breast of chicken, derby tongue, string beans, asparagus tips—these are a few of the many canned things that lend themselves acceptably to the salad course.

Salad vinegars and oils are generally on hand, as are other every-day condiments, and there is usually a supply of eggs that may be boiled to make a salad, while the roast is being eaten. Celery and lettuce are often an uncertain quantity, so sometimes substitutes must take their place. If the housewife has been thoughtful enough to can some fruit in a light syrup, this may also be used for a fruit salad. Pineapple, pear, and peach are the most useful fruits.

Spanish peppers, put up in oil, one should always have ready on the shelf, for they are useful in many ways, and fresh ones are not always easy to get in winter. French chestnuts are put up especially for salad use, and are unsweetened; these are excellent with grapefruit. Now and then a hot salad is a novelty, and is acceptable if it has not been preceded by too hearty a menu. The following recipes are good ones with which to experiment.

Celery and lettuces have been left out of these recipes, for they are often difficult to get but, of course, if they are at hand, they may be used in the various salads where they generally appear. Cheeses have also been left out for the same reason.

Grapefruit Salad

If fortunate enough to have a couple of grapefruit on hand, a cup of bottled French chestnuts may be chopped and added to the pulp, with a few sliced truffles and a dressing made of two parts walnut oil, one part tarragon vinegar, a half saltspoon of pepper, a saltspoon of salt, and a dessertspoon of vanilla syrup beaten thoroughly. This makes a delightful salad, and cheese straws are served with it. This will serve four people.

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Hot, Canned Corn Salad

Take a can of corn and stew it in a little milk, adding two teaspoons of butter, a saltspoon of pepper, a half teaspoon of salt, and a dessertspoon of sugar by way of seasoning. Add a half cup of flaked cold boiled codfish and two chopped spanish peppers. When hot, drain the salad and fold in a cup of heavy mayonnaise; serve the salad on thin slices of brown bread, lightly spread with anchovy paste. The salad must be served as quickly as possible so as to retain its heat. This will serve four people plentifully.

Artichoke Salad

Six artichoke hearts come in one can. Drain the hearts and with a teaspoon hollow out the centers. The centers may then be filled with almost any sort of mixture that can be made in a hurry. Say, for instance, a sardine combination. Skin, bone, and break twelve sardines, adding to them a chopped pepper, two chopped gherkins, six pickled onions, a saltspoon of pepper, half teaspoon of salt, a tablespoon of chutney syrup, and enough French dressing to moisten the filling. Again, chopped vegetables, folded in mayonnaise make a good filling. "Otero" relish or "heart of palm" relish, both intended for canapé, can be used in this way and are complete without the addition of any extra sauce.

Hot Cabbage Salad

Select one medium-sized cabbage, strip off the outside leaves, and cut out the hard core. Shave or slice the cabbage very thin; then cover with a cloth to keep it from drying out until ready to use. Put into a saucepan a half cup of sugar, a dessertspoon of dry mustard, a teaspoon of salt, a saltspoon of cayenne, a heaping tablespoon of butter, a tablespoon of onion juice, one beaten egg, a quarter cup of tarragon vinegar, and a half cup of cider vinegar.

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Stir all well together and let it slowly come to the boiling point; boil up once, then set back and add three Spanish peppers and eight stoned olives chopped very fine. Slowly add the cabbage, a handful at a time. Keep stirring until it all melts down smooth and rich, then draw on to the fire to heat a minute or two. If it is too moist, drain, and serve with a pimento olive on top of each portion. Serve cheese crackers with the salad. This will serve six people.

Lamb's Tongue and Asparagus Salad

Take a pint jar of the lamb's tongues, drain, and chop them fine. Add a half saltspoon of pepper, a saltspoon of salt, one minced pepper, one can asparagus tips cut small, two hard-boiled eggs chopped fine, and a tablespoon of washed capers. Use a light mayonnaise or a heavy French dressing. This will serve six people.

Shrimp and Potato Salad

Take one can of shrimps and break them into small pieces. Add to them two cups of cold boiled potato finely diced, a tablespoon of drained and rinsed capers, one Spanish onion finely minced, and one hard-boiled egg put through the ricer. Make the same dressing that was given for the hot cabbage salad, after allowing it to cool; or, a sweet cream dressing, made of one small cup of cream, a saltspoon of pepper, a half teaspoon of salt, two tablespoons of sugar, and three tablespoons of tarragon vinegar. Toss lightly in the dressing and let stand for a half hour to season through before serving, if that much time may be spared. The shrimps add an unusual flavor and a heartiness that help out a small dinner most satisfactorily. This serves six people.

Bottled Breast of Chicken Salad

One pint bottle holds enough chicken breast to make a salad for four people. Drain carefully and cut or chop the

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chicken in pieces, as desired. Wash and add to it a heaping tablespoon of capers, six sliced truffles, two hard-boiled eggs chopped, and two gherkin pickles very thinly sliced; then fold in mayonnaise that has had a teaspoon of onion juice added to it. Or take a can of pineapple, drain and chop it fine; add the white of two hard-boiled eggs chopped fine, six sliced truffles, and one minced pepper. Fold in mayonnaise to which has been added a heaping spoon of whipped cream. The egg and the whipped cream are added to lighten the salad, in place of the usual celery.

Cardoon Salad

The salad made of cardoons is rather unusual. These French thistles should be drained from the can and allowed to marinate for a half hour in French dressing to which a little onion juice has been added. Drain, add good mayonnaise, and lay on white lettuce leaves garnished with the sweet pickled cucumber rings that come in bottles for the purpose. Toasted whole wheat crackers with melted cheese on them go nicely with this salad. This will serve four people.

JELLIED SALADS

Tomato Jelly

Take one can of tomatoes, add to it three cups of water, a sliced onion, a bay leaf, a teaspoon of salt, a tablespoon of sugar, a bunch of savory herbs, a teaspoon of pepper, and three heaping tablespoons of gelatine. Beat over the fire until it begins to boil, allow it to boil for five minutes and add the whites and shells of two eggs. Beat all well together and remove from the fire, letting it stand tightly covered for five minutes. Strain through a fine sieve, then through a piece of cheesecloth that has been wrung out of cold water, and finally into a ring mold that has been wet with cold water. When cold and beginning to set,

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press into the jelly stoned olives and the whites of three hard-boiled eggs cut into cubes. Make a bed of fresh lettuce leaves, turn the jelly ring upon it and fill the center with lettuce leaves cut to ribbons, a half a cup of chopped celery, a half cup of ground walnut meats, the yolks of the hard-boiled eggs put through a ricer, and cover the whole with good mayonnaise. This is sufficient for six people.

Jellied Chicken Salad

Prepare and boil one good tender chicken. When done and cool, cut the meat into small pieces, put the skin and bones into a saucepan with one quart of the liquor it was boiled in and one sliced onion, a bunch of savory herbs, a tablespoon of worcestershire sauce, a tablespoon of chutney syrup, a half saltspoon of pepper, and a saltspoon of salt. Simmer until reduced nearly one half, then add one heaping tablespoon of gelatine that has been dissolved in hot water. Arrange a layer of the chicken (first dipping each piece in mayonnaise) in a wet mold, then a layer of sliced hard-boiled eggs, then a layer of halved button mushrooms that have been sautéd in butter and drained; then chicken, egg, and mushrooms until the chicken is used up. Strain over it the cooked liquor and set away to chill. When ready to serve turn on to a bed of lettuce leaves, garnish with stoned olives and a little chopped red pepper, slice down with a sharp knife, and cover each portion with heavy mayonnaise. This will serve six people.

Cucumber Aspic

Cucumber aspic is a salad jelly which is particularly nice and light to serve with a fairly heavy dinner. Pare and slice four large cucumbers and one onion, cover with one quart of cold water, season, and allow to simmer one hour. Soak a half package of gelatine in a little cold water, add to it a cup of cucumber liquid, stir until smooth, and pour into the cucumbers, which should be reduced by the cooking

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one half. Turn into a wet mold and chill, and when thoroughly cold place on a bed of lettuce leaves. Serve one slice on lettuce with each portion, covered with mayonnaise and garnished with olive curls, and pimentos. This will serve six people.

Nut and Cucumber Salad

Boil in three cups of water two cups of sugar, twelve cloves, and add one cup of vinegar. When the mixture threads from the spoon, remove it from the fire and add two and a half heaping tablespoons of gelatine that has been dissolved in a little boiling water. Stir carefully and when the gelatine is dissolved strain and let it cool. Add one cup of hickory nut meats and a cup of sweet cucumber pickle thinly sliced, pour into a wet mold, and let it chill and set. Turn out on a bed of lettuce leaves, pour mayonnaise over it, and garnish on top with strips of red pepper. This will serve six people.

Jelly and Cheese Salad

Dissolve one tablespoon of gelatine in one cup of hot water. When cool add three ounces of grated cheese, one cup of whipped cream, a saltspoon of salt, a half saltspoon of pepper, and paprika to taste. Pour into small molds and when the jelly begins to harden cover the top with grated cheese. Serve on crisp lettuce leaves with French dressing. This will serve four people.

Dutch Salad

Pare and dice enough white turnips to fill two big cups. Boil the squares in water until tender when pierced with a straw. Drain and set them to cool. Take one pint of highly seasoned tomato juice and add to it two tablespoons of powdered gelatine that has been dissolved in a little cold water; let it heat until the gelatine is all melted, then set

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aside to cool. When cool, arrange the turnip squares in a wet mold and pour in a layer of the tomato; let that slightly stiffen, then add another layer of turnip, then the rest of the liquid. When ready to serve, cut the jelly with a sharp hot knife and serve on lettuce leaves, heaping mayonnaise on the top. Garnish with a radish rose in the center of each portion. This will serve six people.

Shrimp Aspic Salad

Take one can of shrimps or one pint of freshly boiled shrimps cut in pieces, sprinkle with the juice of a lemon, the juice of an onion, and a saltspoon of pepper, and let them stand until chilled. Have ready an aspic jelly ring made of one quart of chicken stock well seasoned, one tablespoon of lemon juice, a half teaspoon of celery salt, a half saltspoon of cayenne pepper, and one box of gelatine. When it is done and the gelatine is dissolved in it, strain and add green vegetable coloring until the desired color is obtained, then pour into a ring jelly mold. When ready turn on white lettuce leaves and drain the shrimps, adding to them one cup of finely chopped celery and one cup of chopped cucumber. Toss lightly in mayonnaise dressing and fill the center of the ring with the salad, adding a little more mayonnaise on top, and garnishing with green pepper strips and truffles. This will serve six people.

FRUIT SALADS

Peach Salad

Plunge large, firm, ripe peaches enough to serve one as a portion into boiling water; let them stand thus a minute until the skin begins to curl; then remove the skin, halve and stone the peaches and set them aside to chill. Halve and stone a few white grapes; add to them two tablespoons of grated pineapple, a tablespoon of finely chopped pecan nut meats, a teaspoon each of chopped angelica and candied

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cherries. Pour over this mixture a dressing made of three quarters of a cup of sweet heavy cream, two tablespoons of sugar, a pinch of salt, a tablespoon of tarragon vinegar, a tea spoon of lemon juice, and mix all thoroughly. Lay the two halves of one peach in deep, curly white lettuce leaves and fill each half with the mixture, placing a teaspoon of whipped cream on top of each with a half cherry in the center.

Fresh Rhubarb Salad

Cut in small pieces enough rhubarb to make five cups, turn boiling water over it, and let stand ten minutes; drain, add fresh boiling water, boil until tender but not to pieces, add three quarters of a cup of sugar, and set away to cool. When cold, drain, add half a cup of chopped pecans, half a cup of finely-chopped celery. Have ready a boiled dressing made and chilled, using for it three tablespoons of flour with enough water to make a thin batter, a quarter of a cup of vinegar, and three quarters of a cup of water, three tablespoons of sugar, one teaspoon of melted butter, the yolks of four eggs, the white of one, saltspoon each of dry mustard and salt, and half a cup of water. Mix well all together and cook in a double boiler until of the right thickness, stirring constantly. When cold, just before using add a little whipped cream, and serve in white lettuce leaves garnished with strips of angelica.

Cantaloupe Salad

With a teaspoon cut away the inside of the melon and lay the little scooped-out pieces on ice, and chill the empty shells. Make some cream cheese balls with a few chopped nuts, a dash of sugar, and a tablespoon of sherry. When ready to serve put the pieces of melon and the cheese balls into the empty shells with lettuce cut into ribbons, and pour over it a dressing made as for the rhubarb salad.

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Casaba Salad

Take a casaba melon, now procurable at nearly all fruit stands, and cut it in half; scoop out the inside by teaspoons and place them on ice to chill. Make some cheese balls, adding a few chopped nuts, a dash of sugar, a tablespoon of preserved ginger chopped fine, and a tablespoon of sherry. When ready to serve fill the empty shells with the chilled melon pieces, the cheese balls, and lettuce cut into ribbons; pour over all a dressing made in the same way as for rhubarb salad.

Prune Salad

Take half a pound of fancy prunes, wash carefully, and let them soak in very warm water for half an hour. Remove the stones, slice in thin slices, and marinate in the juice of a lemon, a teaspoon of powdered sugar, and a cordial glass of apricot cordial for about one hour. Chop fine four salted brazil nuts and one strip of angelica and mix with mayonnaise made without mustard. Drain the fruit, add to it one cup of finely chopped celery, cut in a heart of white lettuce, toss all lightly in the salad dressing. Serve on deep lettuce leaves garnished with green cherry rings, placing a diamond shaped cheese sandwich on the side of each portion.

Japanese Salad

This dainty salad is served at an exclusive Japanese club of New York, and adds another unusual salad to the already long list. Chop two tart apples and add to them one cup of chopped celery. Dust all with a saltspoon of pepper and a half teaspoon of salt, add six sliced truffles, and a little finely chopped red pepper. Fold all in heavy mayonnaise and serve in lettuce leaves garnished with slices of preserved kumquats.

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Strawberry and Raspberry

Arrange as many halved ripe strawberries and ripe raspberries as would fill a sauce plate, chill them, and when ready to serve arrange in a small deep white cabbage leaf, carefully washed and dried, and cover with a dressing made of a half cup of sour cream, juice of half a small lemon, a few drops of tarragon, half a teaspoon of sugar, a saltspoon of salt, and a half saltspoon of pepper.

Marron and Prune Salad

Stew in the usual way a pound of large French prunes; when cold remove their stones and slip preserved marrons into their places, breaking the prune as little as possible. Mix the prunes with romaine that has been cut small, and just before serving dress the salad with a sour cream dressing made of one cup of sour cream, two tablespoons of sugar, a tablespoon of tarragon vinegar, and two of cider vinegar.

Green Almond and Cantaloupe Salad

Take three cantaloupes and scoop out the pulp with a teaspoon; take a cup of green almonds, slice thin or chop them and add to the melon; cut one heart of white lettuce with scissors and add one-half cup of chopped celery, serve in lettuce leaves after tossing in heavy French dressing, and garnish with strips of red pepper and olives stuffed with almonds.

Frunut Salad

Take a jar of "frunut," which is preserved fruits and nuts together, drain, and let marinate one hour in a cup of ginger syrup, a gill of brandy, a dash of orange bitters, a teaspoon mixed of cinnamon, nutmeg, and cloves. Drain thoroughly, fold in one pint of whipped cream, and serve in white lettuce leaves.

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Tipsy Salad

Take a half-jar of "Puncheezy," put it in a white enamel strainer to drain until needed, prepare a grapefruit as for salad, and turn a wineglass of apricot brandy over it, with a saltspoon of nutmeg and a teaspoon of powdered sugar. When ready to dress the salad drain the juice from the fruit, mix the grapefruit and Puncheezy, and fill white lettuce leaves with the mixture, cover with mayonnaise made without mustard, to which some finely chopped English walnuts have been added. Serve at once, so that the fruit juices may not thin the salad dressing.

Barberry Salad

Gather perfect bunches of barberries, wash them carefully, remove the pips with a fine needle and let them marinate in French dressing for one hour. Remove the segments from one large, firm grapefruit, chill, and drain. When ready to lay up the salad take the hearts of white lettuce, break them up, and scatter over them the grapefruit pulp, then place the bunches of barberries on top, and turn over all a French dressing. Garnish with strips of red pepper.

Banana Salad

Take as many bananas as there are to be portions. Slice off lengthwise one strip of the peel and remove the banana carefully without breaking the rest of the skin. Dice the banana, dice three slices of fresh pineapple, removing the hard center, and add a quarter of a cup of chopped pecan nuts, a teaspoon of powdered sugar, a saltspoon of red pepper, the juice of a lemon, the juice of the heart of the pineapple, and a cordial glass of anisette. Let the mixture marinate twenty minutes, stirring it with a small wooden spatula every few minutes. Drain carefully and mix with mayonnaise made without mustard, to which a tablespoon of whipped cream is added just before using. Lay the

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banana boats on lettuce leaves and fill lightly with the salad. Garnish with maraschino cherries and lay a cheese straw on each plate.

Grape and Celery Salad

Mix lightly one cup of finely chopped white celery with one large can of peeled Muscat grapes and dress with powdered sugar, a dessertspoon of ginger syrup, and a tablespoon of apricot cordial. Mix thoroughly, lay on white lettuce leaves, and garnish with green maraschino cherries.

Cherry Salad

Stone enough ox-heart cherries to make two cups, putting a hazel nut in each in place of the stone, sprinkle with powdered sugar, a grating of nutmeg, and let the mixture stand to drain. When ready to serve group each portion on a white lettuce leaf, covering it with mayonnaise. Garnish with strips of angelica.

Mirabelle and Green Almond Salad

For the Mirabelle and green almond salad take half a bottle of each, cutting the almonds fine, and make a good mayonnaise without mustard, using sherry instead of vinegar. Serve the salad in white lettuce leaves, garnished with olives stuffed with almonds.

Fig Salad

Take one half pound of figs and chop fine with a few pecan nuts, a small cup of fine chopped pineapple, and a small green pepper; mix with a rich mayonnaise dressing, place on white lettuce leaves, and garnish with olives.

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SALAD DRESSINGS AND SAUCES

THERE is but one kind of oil for salad dressings to be taken into consideration, that is the best, though so-called "just as good" kinds may masquerade under several names. The French olive oil and the Italian, with walnut oil for occasional use, will be found the best, though many people regard refined cottonseed oil and peanut oil as fairly satisfactory. They are much cheaper, but they cannot compare with olive oil for smoothness of texture or richness of flavor. If the cook will bind the neck of the oil bottle with a strip of blotting paper, renewing when needed, the bottle will not grease the shelf upon which it generally stands.

Heavy French Dressing

A half teaspoon of salt, a quarter teaspoon of pepper, six tablespoons of olive oil, two drops of tabasco sauce, a quarter teaspoon of worcestershire sauce, four drops onion juice, a quarter teaspoon of mustard sauce; beat with an egg beater, adding slowly the juice of one lemon. Continue beating for ten minutes, then add slowly a tablespoon of tarragon vinegar, beat five minutes more, and set away in a cold place until ready for use. Just before using stir thoroughly with a fork, and if a little thick add another tablespoon of vinegar.

French Dressing Made with Vegetable or Peanut Oil

One half cup of peanut oil, a teaspoon of worcestershire sauce, a saltspoon of mixed mustard, a saltspoon of salt, a

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dash of cayenne pepper, and two tablespoons of vinegar of any desired flavor. Beat thoroughly and it is ready for use.

French dressing should be beaten with an egg beater during the process of mixing, that it may thoroughly blend; then if immediately chilled it will not separate or change color. It should always be put away in a wide-mouthed bottle kept for the purpose, with a tight clean cork, and be shaken thoroughly before being used.

Plain Mayonnaise

Break the yolks of two eggs into a cold bowl, add a saltspoon of salt and a half saltspoon of red pepper, and beat with a silver fork. Begin to add olive oil drop by drop until the mixture begins to thicken; continue dropping the oil and when the mixture gets quite thick add, drop by drop, strained lemon juice, alternating with the oil, and continue beating. This quantity of egg should take up a cup and a half of oil and the juice of half a large lemon. When the mayonnaise is as stiff as is desired it may be set away to chill; and when ready to use, if it seems too heavy, blend with it a small quantity of whipped cream.

Mayonnaise Made with Walnut Oil

Take the yolks of two fresh eggs, a pinch of salt, a pinch of cayenne pepper, beat thoroughly with a fork in a cold bowl and add drop by drop walnut oil, adding now and then two or three drops of lemon juice; continue until the dressing is as thick as desired, which probably would require a cup at least of the oil, possibly more. Be sure that all ingredients are very cold, which will insure success. If one desires a little more flavor than the lemon will impart, a few drops of tarragon vinegar may be added. This is made without mustard, so that it can be used where the salad is combined with fruits.

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Mayonnaise with Mustard

Proceed in the same way as above, only adding a large saltspoon of mustard to the eggs and using olive oil instead of walnut, and this may be flavored with a little of the shalot or garlic vinegar, two or three drops only, or a few drops of onion juice.

Russian Mayonnaise

Take one large cup of mayonnaise made with mustard and add to it enough tomato ketchup to color it a deep pink, a teaspoon each of chopped chives, chopped red pepper, one finely chopped gherkin, and a teaspoon of onion juice.

Boiled Mayonnaise

Cream together three tablespoons of flour and two tablespoons of olive oil, Add one cup of boiling water to one quarter cup of vinegar, pour slowly over the flour and oil, add a half teaspoon of salt and a half saltspoon of pepper. Let the sauce slowly come to boiling point and thicken. Remove from the fire and beat in three egg yolks. Mix thoroughly, then, with an egg beater, beat in three quarters of a cup of olive oil, a teaspoon at a time; and then more rapidly as the sauce begins to thicken. When all is thoroughly beaten set away to chill.

Mayonnaise Made without Oil

Beat two eggs with four tablespoons of vinegar, add a dessertspoon of butter, a saltspoon of pepper, a half teaspoon of salt, a saltspoon of mustard, and the same amount of paprika and a dessertspoon of sugar. Cook in a double boiler until the dressing is smooth, but do not cook long enough to curdle it. When done set away to chill.

What is known as "white mayonnaise" has gained much popularity because of its delicacy of flavor and its adapt-

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ability to various fruit salads. To make this, stiffly whipped cream is added to mayonnaise until the desired lightness of color and texture is gained.

Should mayonnaise made the day before separate or crack it may be brought back to the right consistency by beating a fresh egg yolk and adding the mayonnaise to it a teaspoon at a time. This is like re-making it, but it is the only way it can be made usable.

For jellying mayonnaise in which chicken or other meat is to be molded allow four teaspoons of gelatine powder, softened in a little cold water then dissolved in four tablespoons of boiling water, to two cups of the plain mayonnaise.

Boiled Dressing

One tablespoon of dry mustard, two of sugar, saltspoon of salt, half saltspoon of pepper, lump of butter the size of an egg, one egg, and half a cup of vinegar; mix and blend; then boil, stirring constantly until the right consistency, and pour over the cabbage slaw.

Dressing for Fruit Salad

Take three tablespoons of flour, enough water to make a thin batter, a quarter cup of vinegar, filled up with water; one cup of water, three tablespoons of sugar, one teaspoon butter, yolks of four eggs and white of one, a saltspoon of dry mustard, and a saltspoon of salt. Mix together and cook in double boiler until thick, stirring all the time. Chill the dressing, and just before time to serve the salad add a little whipped cream.

Sweet Cream Dressing

One cup of sweet cream, a teaspoon of salt, a tablespoon of sugar, three drops of tabasco sauce, two tablespoons of tarragon vinegar; stir thoroughly until all is blended, chill, and serve with any combination vegetable salad. Sour

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cream may be used in place of the sweet cream if more convenient.

The sour or sweet cream dressings made with a cup of cream, two tablespoons of sugar, and the juice of a lemon will be much improved by the juice of half a lemon and a tablespoon of any of the seasoned vinegars, especially the shalot vinegar.

Thousand Island Dressing

Chop fine one onion, two small cold boiled beets, one hard-boiled egg, and mix with four tablespoons of thin mayonnaise and a tablespoon of chili sauce; mix thoroughly and add three tablespoons of cream. Select the brand of chili sauce with the finest ingredients; if they seem too coarse, mash them through a fine sieve. This dressing will be found excellent with white lettuce and cucumbers.

Prussian Sauce

Take four tablespoons of horseradish, two tablespoons of bread crumbs that have been fried in butter and drained, a saltspoon of salt, a half saltspoon of pepper, a tablespoon of sugar, a teaspoon of onion juice, a teaspoon of finely chopped parsley, and a cup of sour cream. Beat thoroughly with a fork and serve with potato or cabbage salad.

Sauce Piquant

This is a good sauce to use with any cold fish salad. A half cup of tomato ketchup, a teaspoon of worcestershire sauce, a teaspoon of mushroom ketchup, the juice of an onion, a half teaspoon of hot southern sauce, a tablespoon of chutney syrup; blend thoroughly and add a tablespoon of tarragon vinegar.

Sauce Mandalay

To a good French dressing add one tablespoon of Mandalay sauce, a teaspoon of chopped olives, juice of a small onion, and a teaspoon of finely chopped chives.

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Ambrosia Sauce

This sauce is to use with a fruit salad consisting of white grapes, oranges, bananas, grapefruit, and a little diced pineapple. Take the juice of one lemon, the juice of half an orange, and half a cup of grated pineapple. Stir together and add three quarters of a cup of strained honey that is warm enough to blend thoroughly; add a teaspoon of ginger syrup, and after the fruit has been chilled and drained pour over the sauce and heap a little whipped cream on top.

Mustard Sauce

Chop a half green pepper and a quarter of a small cucumber fine, after removing seeds, add to a half cup of mustard dressing, and after mixing add a quarter cup of thin French dressing.

Sauce Violette

To a half cup of French dressing add a teaspoon of moutarde violette de brive and mix well before using.

French Mustard Sauce

If one desires to make French mustard to add to dressing this is a good recipe for it: Take a tablespoon of whole mixed spices and three lumps of sugar, let come to a boil in a pint of vinegar. Take four tablespoons of dry mustard and mix to a stiff paste with a little vinegar. Let the spiced vinegar boil five minutes, strain, and turn slowly into the mustard, beating it with a red-hot iron beater. This is needed for the smoothness, and if it is properly mixed will keep, well corked, for months. Put it into wide-mouthed bottles and cork.

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English Mustard

The sharp English mustard one makes at home as it is needed, and this is a good recipe to follow: One tablespoon of dry mustard, a teaspoon of flour, mix with a tablespoon of water and a few drops of vinegar to the right consistency; cover closely, and this mustard will not dry out as quickly as when made with all vinegar and no flour.

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DAIRY PRODUCTS

Eggs

THERE is but one sort of egg permissible in first-class cookery—the strictly fresh egg; and as this is the egg which is most expensive, we have every right to demand perfection, even to the extent of having each egg stamped with its date. So-called state eggs, or case eggs, are often very good and quite fresh enough for ordinary cookery, but, for the finest of egg dishes, where the flavor of the egg counts, the egg from one day to a week old is the only one to use.

There are a number of methods of keeping eggs fresh. One is to smear the shells with sweet oil, then to pack the eggs away in sawdust so that they do not touch one another. Another way is to pack the eggs in a deep bowl, cover them with lime water, and put the bowl in a cool place.

There is hardly a housekeeper who does not realize the value of egg dishes in an emergency and also for breakfast and luncheon dishes. Eggs are always in the house and are the least perishable of made-dish commodities.

There are a number of tests for fresh eggs; one is to hold the egg in the right hand against a strong light; if the yolk appears round and plump in the center, and the white clear, it is safe to judge that the egg is fresh. Again, the egg may be dropped into a bowl of water and if it is perfectly fresh it will sink and rest upon its side; if it floats it is very stale. Boiling an egg is a test of freshness also.

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Boiled, fried, and scrambled the egg seems to be best known to all nations. The cooking is varied, however, by a number of odd disguising sauces as the following recipes show. In the hottest climates the eggs are most highly seasoned and the dishes most complicated, while the cooler the countries the simpler and less highly seasoned dishes are served by the best cooks.

Poached eggs, instead of being done the old-fashioned way in water, may be poached in strained honey which gives them a peculiarly attractive flavor. They are slipped as usual onto buttered toast squares, dusted lightly with pepper and salt, and topped by a tablespoon of whipped cream.

In boiling eggs the water should be boiling gently when the eggs are put in with a spoon and the spoon not withdrawn until the egg rests upon the bottom of the saucepan. The proper time for boiling is from three to four minutes, according to the way the egg is liked. For hard-boiled eggs six to seven minutes will be found the proper time. If the eggs are large, like those of the black Spanish fowls, allow them an extra half minute in cooking.

Duck's eggs are usually so strongly flavored that plain boiled they are seldom eaten. They are not bad, however, for cooking, as they are quite rich and one duck's egg will go as far as two hen's eggs.

Poached Egg with Cream Sauce

Have ready heated before poaching the egg in boiling water, a half gill of cream that has a saltspoon of salt, a half saltspoon of pepper, a small piece of butter, and a saltspoon of sugar in it. Add to the boiling water in which the egg is to be poached two tablespoons of vinegar and a pinch of salt. This will firm the eggs and prepare them for the sauce. When the egg is poached remove with a slicer and slip onto a toast round, pour the hot cream sauce over the egg, and serve at once.

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Tomato Eggs

Boil six eggs hard and cut them in halves. Boil, skin, and dice one small canned tongue. Make a good savory tomato sauce by using one can of tomatoes, one bay leaf, three cloves, a diced carrot, one onion, a shalot, and a small bunch of parsley chopped fine. Boil for half an hour, strain, thicken with a little butter and flour rubbed to a paste, add pepper and salt to taste and a saltspoon of sugar. Put in the egg halves and the diced tongue and allow them to heat through. Turn into a covered dish, sprinkle a little parmesan cheese over the top, and send to table.

Baked Eggs

Boil eight eggs hard. When cold cut lengthwise, remove the yolks and make a paste of them with a tablespoon of butter, a saltspoon each of pepper and salt, a small grated onion, and enough cream to make a medium paste. Fill the egg whites with the mixture and tie them together with tiny strips of kitchen tape. Roll them in grated cheese and fine bread crumbs that have a dash of sugar and pepper with them, then lay them in a well buttered baking dish. As they cook baste with a little melted butter and cream; bake a delicate brown. Serve in a napkin garnished with parsley, and add to the little dish gravy a half cup of whipped cream; this sauce is served in a small tureen with the eggs.

Eggs Mignon

Slice two onions very thin; drain twelve button mushrooms, cut them in half, and sauté them with the onions in butter. Boil six eggs hard, when done cut them in half and remove the yolks. Slice the whites in rings. Have ready a half pint of good brown gravy, add to it the onion and mushrooms and the egg rings. When all is hot drop in the half yolks and allow them to heat one minute. Turn into a hot covered dish and serve. This is sufficient for four persons.

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Scrambled Eggs and Sardines

Open a box of sardines, drain them well and remove all skin and bone; flake them fairly small; there should be two heaping tablespoons of the fish. Beat four eggs, season with pepper and salt, and add a tablespoon of milk to them. Melt a half ounce of butter in a steel frying pan, stir in the fish, then turn in the eggs and beat all lightly with a silver fork. When scrambled and done so that the pan is left clean, heap on a hot platter, garnishing with crisp, fresh cress.

Shirred Eggs with Ham

Take one cup of finely chopped cold boiled ham and add to it one teaspoon of French mustard, two of worcestershire sauce, a tablespoon of ketchup, a quarter saltspoon of red pepper, and a little melted butter. Divide the portion into six well buttered egg dishes. Break two eggs into each dish, dust with pepper and salt, and bake three to five minutes, according to the oven.

Eggs with Grayfish

Boil six eggs hard, shell and cut them in halves lengthwise. Remove the yolks and mash them to a paste, adding a tablespoon of melted butter, a teaspoon each of worcestershire and horseradish. Take a third of a can of grayfish, bone and flake it, then work it into the egg paste. When thoroughly mixed fill the egg whites and tie the eggs together with kitchen tape. Put the eggs in a buttered casserole, cover with a pint of good gravy, and bake in a moderate oven for one hour.

Scotch Woodcock

Make a white sauce of one tablespoon each of butter and flour, blended with a cup of cold milk and a pinch of salt. When smooth, add six hard-boiled eggs chopped fine, a dash

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of pepper, two tablespoons of bread crumbs that have been fried in butter, and a tablespoon of finely grated cheese; mix well and serve on slices of hot buttered toast.

Eggs au Miroir

Butter a baking dish thickly with good fresh butter and melt it. Break four eggs into it as though for poaching; dust them lightly with pepper and salt and dot the tops with little pieces of butter. Put the dish on a hot plate in the oven and let it remain long enough to set the whites of the eggs. Serve at once in the same dish.

Vermicelli Eggs

Boil eight eggs hard. Shell and cut lengthways, removing the yolks. Make a good cream sauce, not too thick, and drop the whites into it long enough to heat. Turn all over buttered toast on a hot platter and put the yolks through a ricer over the top.

American Eggs

Needless to say the open-eyed fried egg served with broiled or fried ham is the favorite egg, and finds its way to all of the best hotel and restaurant menus.

Chinese Eggs

Cut six three-inch pieces of toast, butter lightly. Slice lean bacon very thin, broil a minute on each side, cut in two, and place on the toast. Break into a small hot pan with a half gill of melted butter six eggs, sprinkle each with a teaspoon of finely grated cooked ham, a pinch of salt and the same of pepper; cook two minutes, then set in the oven one minute, place each egg on the toast. Brown one ounce of butter, add to it one teaspoon of vinegar, a saltspoon of curry powder, boil up once and pour over the eggs.

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French Eggs

Boil six eggs hard, strip off the shells, and cut in quarters. Arrange on a dish, and make the following sauce: One large tablespoon of butter, a tablespoon of flour, and stir over the fire until it thickens; pour in slowly a pint of rich milk, boil it, adding another tablespoon of butter and the seasoning and a teaspoon of minced parsley, boil five minutes, add the juice of half a lemon. Pour over the sauce and garnish with parsley.

German Eggs

Wash and boil two quarts of spinach, chop fine, and drain, then mix with a rich cream sauce, mold so that the top may be covered with poached eggs covered with a little grated cheese, put in hot oven a minute to melt, then serve.

Hungarian Eggs

Arrange hard-boiled eggs and cold boiled potatoes sliced in thick slices in alternate layers, season with butter, a saltspoon each of pepper and salt, and pour over the top enough sour cream to cover the ingredients and bake a delicate brown.

Irish Eggs

Place on delicately broiled slices of bacon poached eggs and cover them with a rich cream sauce. Garnish with toast sippets.

Italian Eggs

Make as many little molds of rice as there are guests at table, lay a poached egg on the top of each, and pour over them a sauce of tomatoes to which a pinch of saffron has been added and three finely minced anchovies; season with paprika and garnish with truffles.

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Norwegian Eggs

Place on a platter large flakes of hot smoked salmon, scramble six eggs in butter, season and spread over the fish, and serve hot.

Russian Eggs

On delicate slices of toast spread a layer of caviar, place a fresh poached egg on top, season with a quarter saltspoon of pepper, a pinch of salt and a few drops of lemon juice; garnish with parsley and serve.

Scotch Eggs

Boil six eggs hard, for about seven minutes; when done strip from the shells, roll them in a good forcemeat mixture, and fry in very hot lard; drain and lay on the platter with a pint of good brown gravy poured over them.

Turkish Eggs

Boil six kidneys and six chicken livers and hearts with an onion and a spice bag, throwing off the water four times. Make a brown sauce, pour on a hot platter with as many poached eggs on top as there are portions to be served. Garnish with parsley.

Eggs Nicoise

Take two hard-boiled eggs, one fresh tomato, some freshly boiled cold string beans, lettuce leaves, and anchovies. Arrange the lettuce on a small plate, cut each egg into five slices, and arrange on the lettuce, then decorate with anchovies; place the string beans on one side, the tomato, cut in quarters, on the other. Make a vinaigrette sauce of shalots, fine herbs, a half teaspoon of French mustard, one teaspoon of chili sauce, the yolk of a hard-boiled egg, salt,

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pepper, vinegar, and oil to taste. Mix thoroughly, strain through a fine sieve, and pour over the eggs.

OMELET RECIPES

Plain Omelet

A four-egg omelet is sufficient for three people.

Break four eggs into a bowl and beat them with a fork so as to thoroughly mix the whites and yolks. Add three tablespoons of warm water, a half saltspoon of pepper, and a half saltspoon of salt. Place in the omelet pan a rounding tablespoon of butter and when hot turn in the omelet. Shake the pan continuously, raising the edges of the omelet with a limber knife to allow the thin part to run underneath. When the omelet is set turn or fold it, have ready heated the omelet plate, and turn the omelet onto it. Garnish with parsley and send at once to table.

Spanish Omelet

For lovers of Spanish omelet there is a new bottled filling which saves time and trouble in the preparation of the vegetables. Make a five-egg omelet, using four tablespoons of the filling, which may be put in a tiny saucepan with a quarter cup of melted butter, a tablespoon of ketchup, and three drops of hot southern sauce to heat. Pour in the center and fold the omelet as usual; garnish with olive rings and strips of red pepper.

Rarebit Omelet

This appetizing dish may be served for breakfast, luncheon, or supper in the place of meat. It is a combination of cheese and eggs and yet is entirely different from the ordinary cheese omelet. Beat the required number of eggs until very light, as for an omelet, and add almost the same quantity of grated American cheese. Season the mixture to taste with salt, celery salt, and black pepper;

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add one tablespoon of cream and pour it into a heated omelet pan in which has been heated a tablespoon of butter. Do not stir the mixture, but let it cook like an omelet, and just before turning over sprinkle with a little chopped parsley. Brown delicately and serve immediately on a heated platter.

Newburg Omelet

Parboil, trim, and dice one pair of sweetbreads; make a Newburg sauce, slice thin four truffles and put them in the sauce with the sweetbreads; add a teaspoon of onion juice and wipe the inside of the omelet pan with a half bud of garlic before putting in the tablespoon of butter to melt. Beat eight eggs, adding a teaspoon of salt, a saltspoon of white pepper, one half gill of cream, half a saltspoon of cayenne. Have omelet pan hot, turn in the eggs, make the omelet as usual, and when it is set add the Newburg, first draining off the extra sauce. Fold it over, turn onto a hot plate, garnish with toast sippets and sprays of fresh cress. Serve the remainder of the Newburg sauce very hot in small tureen; if it is too thick thin it slightly with a little hot cream. This is a very delicious luncheon dish.

Hessian Omelet

One hard-boiled egg, four olives, one pepper, a few sprays of chives. Chop all together, add a teaspoon of worcestershire sauce, a tablespoon of ketchup, a teaspoon of onion juice, a tablespoon of apple sauce, a dash of red pepper, and three quarters of a cup of finely chopped cold boiled ham. Mix thoroughly, put in small saucepan to heat in a heaping tablespoon of butter; when hot and ready to turn into the omelet add two tablespoons of whipped cream. Make a six-egg omelet, turn the mixture in before folding and serve on hot plate garnished with sprays of parsley and lemon quarters.

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Lobster Omelet

Take one cup of cold boiled lobster cut in small pieces and cook until thickened slightly with half a cup of milk and a gill of cream, a dash of red pepper and a saltspoon of salt and one beaten egg. Have ready the omelet pan in which there is a tablespoon of melted butter, turn in six well-beaten eggs, cook them the usual way, turn the lobster in the center, and fold over the edges. When done turn onto a hot omelet plate and garnish with slices of lemon dipped into finely chopped parsley.

Onion Omelet

Put a tablespoon of butter or fine drippings into a frying pan and add four sliced onions, dust with salt, pepper, and a teaspoon of sugar, cook until done, then add two beaten eggs for each person at table. Beat thoroughly, then make the omelet in the usual way. Turn and serve hot garnished with parsley.

Ripe Olive Omelet

Drain one small bottle of ripe olives, add to them the whites of two cold boiled eggs diced and a tablespoon of chutney syrup. Make a five-egg omelet, have the olive mixture warmed in a tiny saucepan, but not cooked, turn into the omelet and fold as usual. Turn on a hot dish, and garnish with a few sprays of carefully washed fresh mint dusted with powdered sugar.

Omelet with Cheese

Make the omelet in the usual way and have ready, just before it is turned, the whites of two eggs stiffly beaten, and a quarter of a cup of grated cheese and a saltspoon each of pepper and salt beaten with them. Spread the filling on the omelet, then fold it, and while it is browning on either

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side the cheese will cook sufficiently. Serve garnished with toast sippets and parsley.

Bachelor's Omelet

Make a thin cream of a teaspoon of flour and a half teacup of milk. Beat three eggs and mix them with the cream, adding a pinch of salt and a half saltspoon of pepper. Melt two ounces of butter in a small frying pan and when it is hot turn in the mixture; when the omelet begins to set, sprinkle over it some finely chopped herbs and a little chopped onion that has been sautéd in a little butter. Fold the omelet in the usual way and serve it on a hot dish garnished with a few sprays of parsley.

SWEET OMELETS

Omelet Soufflé

Separate the whites from the yolks of six eggs, add to the yolks five tablespoons of sugar, one dessertspoon of rice flour, flavoring of vanilla, and stir the ingredients together. Put three ounces of butter in a small frying pan and whip the whites very light and mix with the batter. As soon as the butter begins to bubble pour in the batter and set it over a gentle fire. When the omelette is set turn over the edges so as to make it oval shape, and slip it on a well buttered silvered dish. Put it into the oven and bake eight minutes; sprinkle with powdered sugar, and serve quickly.

A Fruit Omelet

Separate six eggs and beat very light, add a half teaspoon of salt and three tablespoons of milk. Put into the pan one tablespoon of butter and when hot pour in the omelet. Shake on the hottest part of the stove and when it begins to thicken set it on the grate of the oven to set. Remove and add a small cup of shredded pineapple that has been

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dusted with sugar, and a teaspoon of sherry. Fold the omelet and serve on a hot plate.

Omelet au Flame

Beat six eggs very light with a silver fork, add a pinch of salt and two pinches of sugar, fry the omelet in the usual way, but before folding it spread it with three tablespoons of apricot jam. Fold it and dry in the oven, then pour over it a gill of Jamaica rum. Set it on fire and serve the omelet burning.

Banana Omelet

Add to eight eggs half a gill of cream, a teaspoon of salt, and two saltspoons of white pepper. Beat with a fork for two minutes. Fry two peeled and sliced bananas in melted butter for five minutes, toss the pan frequently while the bananas are frying, and then turn in the eggs. Beat them for two minutes, then let them rest half a minute, fold up the sides, let the omelet stand for a minute, then turn onto a hot dish.

Orange Omelet

Add three tablespoons of orange juice and two tablespoons of sugar to three well beaten eggs, fry the omelet in the usual way, and place in the center before folding one thinly sliced orange dusted with sugar. When ready to serve garnish the top with orange quarters dipped in sugar.

Strawberry Omelet

Wash and hull one pint of very ripe strawberries, cut them in half and sprinkle with half a cup of powdered sugar, two tablespoons of water, and half a teaspoon of vanilla; mix thoroughly and let stand fifteen minutes. Break eight fresh eggs into a bowl, add two saltspoons of salt, two

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tablespoons of sugar, and half a gill of cream. Beat briskly for two minutes. Have half an ounce of butter melted in the omelet pan, turn the eggs into it, beat them with a fork for about two minutes, then let them rest half a minute. Turn one fourth of the berries into the center of the omelet, fold up the two opposite sides to join the center, let it stand for just half a minute, and then turn out on a hot dish. Mash the remainder of the berries through a sieve over the top of the omelet, sprinkle lightly with a little powdered sugar, and serve.

Rhubarb Omelet

Take one cup of stewed fresh rhubarb (drained) and add to it one tablespoon of preserved ginger syrup. See that the rhubarb has not been stewed to pieces, but left in fairly firm cubes. Make a six-egg omelet, drain the mixture again and add it before folding the omelet; serve on a hot platter, dust with powdered sugar, and garnish with cheese toast sippets.

MILK

Owing to effective work done by Health Boards throughout the country the purity of milk offered for sale has become fairly satisfactory. The cleanliness insisted upon in the care of the cattle, in their housing and health, the strict supervision in modifying, pasteurizing the milk, and packing it in perfect containers to reach its destination as quickly as possible, has made itself felt in the lessening of infant mortality. The healthful effects following the use of buttermilk, which is the residue after churning, has given rise to the new bottled fermented drinks, of which koumys and fermillac are members, all being comprehended under the Bulgarian group (milk soured with the Bulgarian bacillus).

Milk should be swallowed very slowly. Wnen swallowed rapidly it is very hard of digestion.

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Milk should be served cool but never iced.

To scald milk put it into a double boiler and when it is warm enough to steam slightly when a spoon is put into it, it is sufficiently hot. Never allow it to boil.

To sterilize milk pour it into clean bottles, stop them with soft cotton corks, place them in a sterilizer, or steamer, and steam them continuously for an hour and a half.

Cream

Cream twenty-four hours old will whip much better and more quickly than new cream. As soon as the cream is whipped place it in an enamel strainer over an enamel bowl so that it may drain while it chills.

Devonshire Cream

In cool weather let the milk stand twenty-four hours or half that time in warm weather in the milk pan. Then set the pan on the stove and let it remain until the milk is quite hot but it must not boil. When it is done sufficiently the undulations on the surface will look thick and small rings appear. The time for scalding cream depends on the size of the pan and the heat of the fire, but the slower it is done the better. The pan should be placed in the dairy when the cream is sufficiently scalded, and skimmed the following day. This cream is excellent on fresh fruit, and in Devonshire, England, butter is made from it.

Devonshire Junket

Heat blood warm one quart of milk; add to it one dessertspoon of sugar and two of Shinn's liquid rennet. Pour out into a deep dish with two tablespoons of brandy, cover and put in a cool place to set. Then spread over the top a thick cream, a grating of nutmeg, a little powdered sugar, and serve.

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BUTTER

Butter for general table use is the salt creamy butter and the so-called sweet butter (unsalted); besides these there are the various nut and fancy butters which are used for special occasions.

In choosing fresh butter it should smell deliciously and be of an equal color all through; if it smells sour it has not been sufficiently washed to free it from the buttermilk, and if it is veiny and crumbly it has probably been worked with an inferior or stale sort of butter.

Where butter is purchased a large tub at a time the first thing to do is to turn it out, scrape the outside of the butter with a knife, wipe the inside of the tub with a clean cloth and sprinkle all around with salt; put back the butter, cover with a salted cloth, and put on the lid to exclude the air. If the butter proves too salt when it is taken from the tub a small portion at a time it should be carefully washed with clean water.

One word of caution is necessary regarding rancid butter. All people realize that it is not fit to use on bread, yet are tempted to use it in cooking, where the unpleasant acidity can be more or less disguised. This is a great mistake as it is quite poisonous in its nature, and never under any circumstances should one be tempted to use butter that is turning. In fact, the more you can do without the use of butter that has been subjected to the influence of heat the better. Porcelain butter churns are very handy for small family use, and by saving all the sour milk and cream during the week one may have quite a nice pat of fresh butter for Sunday use, and also some real buttermilk to drink.

Fairy Butter

Take the yolks of two hard-boiled eggs and beat them smooth to a paste with one tablespoon of orange flower water and two tablespoons of powdered sugar. When thoroughly smooth add them to one quarter pound of fresh butter and

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work all into a smooth paste; when blended, put into a strong cheesecloth square that has been wrung out of ice water and squeeze the butter through it onto a cold plate. As the butter is forced through the meshes of the cloth it will come out in odd-shaped pieces, and it is very dainty to serve in this way with fresh hot biscuit or bread.

CHEESE

Cheese usually agrees or decidedly disagrees with people at once, which decides the question for each individual case whether or not it shall have a place in the daily menu. However, there may be "extenuating circumstances," and a cooked cheese dish may often be enjoyed by a person when the stomach has rejected it in its natural state. Milk and cheese taken at the same meal have been known to bring on the most violent case of indigestion. Sometimes cheese taken with wine or liquor has been known to have the same effect. While it is acceptable to nearly all diners at the end of the meal, those of sedentary habits should be wary of over-indulgence in quantity.

The very best way to cut soft or crumbly cheese is with a stout white linen thread, as this cuts perfectly without the least bit of waste. The more crumbly a cheese is the more easily it is digested.

If buying a considerable quantity of cheese first test a little piece by melting it in a little milk in a double boiler. If it assumes a granulated appearance it is the right sort to buy. But if it gets tough and stringy it lacks nutriment and will be indigestible. To keep cheese moist that is in daily use, wrap it in a moist cloth, then cover and set away in a cool place.

To ripen an Edam cheese run the cheese tryer through a fresh one and fill the opening with good brandy. Let it stand for three weeks, and the flavor will be greatly improved.

Cheeses may be kept in a perfect state for a long time

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by smearing them over with a coating of melted suet, or by covering them with parchment that has been made pliable by soaking in water.

For grating the dairy cheeses will be found the best. They have the richest flavor for cooking.

A piece of fresh Parmesan cheese grated at home is far better in flavor and stronger than that purchased in the bottles ready grated.

Parmesan cheese is made in Italy and of the skimmed cow's milk, and none is offered at market before it is six months old. The high flavor of it is due to the rich herbage of the meadows where the cows are pastured. English Stilton cheese is often called the British Parmesan and is considered the finest of table cheeses.

If a large quantity of cheese is purchased at once, part may be covered with thickly buttered white paper to keep it. Smaller pieces may be wrapped in a damp cloth. Cheese keeps best in a damp, cool place covered from the air. It may also be covered with cloths wet with good brandy, which adds richness to the flavor as well as keeping it soft and moist.

To Make Cream Cheese

Cream cheese dishes have grown to be so popular an addition to the daily menu that cooks are experimenting in novel ways of serving it.

Some people in making the home-made cream cheese use the sour cream, turning it into a cheesecloth bag and letting it drain over night, then removing it and adding seasoning and packing it in a mold until needed, then turning it out and eating it with fresh cream. But the English way of making it is to take three pints of heavy rich cream and turn it into a cheese bag that has been wet with cold water and hang it for seven or eight days in a cool place; then change it to a fresh bag for a day and then into a mold, pressing a weight on it for two days; then it is ready for use and cuts like butter.

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Bohemian Pot Cheese

Take one quart of sweet milk and one quart of sour milk, turn them both into a basin and set the basin into a larger container filled with hot water, being sure that none of the water gets into the milk. Push it to the back of the stove where it will remain at an even temperature, below boiling point. The milk must not boil. When the curd is set, drain off the milk, break it up finely with a fork, and pack it into little basket openwork molds; then set it aside to cool. When cold, serve the cheese with any good jam, or with salt and fresh cream.

Cream Cheese Piquant

Season and soften one package of cream cheese with a tablespoon of catsup, a teaspoon of onion juice, a teaspoon of worcestershire sauce, a saltspoon of sugar, a dessertspoon of pâté-de-fois-gras, three olives, and the heart of a stalk of celery chopped fine. Roll into a good-sized cylinder, chill, and serve in slices.

Cream Cheese and Chestnut Purée

Season as desired a large package of cream cheese and add enough sweet cream to make a stiff but pliable paste. Roll out to half an inch thickness and cut into rounds or fancy shapes. Each portion consists of one round served with a dessertspoon of the marron purée which comes bottled.

Cheese Straws

The ever popular cheese straws are made in the following way:

Two ounces of butter, two ounces of flour, two ounces of breadcrumbs, two ounces of grated cheese, a saltspoon each of salt and pepper. Cream all together, roll fairly thin, cut in finger strips, and bake on white writing paper in a fair oven.

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There is another way of making them that is also good, and that is with puff paste rolled thin and the grated cheese sprinkled over it, seasoned with salt and pepper. Fold the crust three times and then roll it and cut in convenient lengths. Bake a delicate brown. When cold pile log cabin fashion on a napkin to serve.

Welsh Rarebit

The following is one of the best known recipes for Welsh rarebit now in use:

Shave into thin strips or slices two cups of rich dairy cheese. Put into a saucepan with enough ale or beer to moisten but not to make it too thin when it is melted. Add a small lump of butter and stir continuously one way until perfectly melted. Then add a saltspoon each of salt and pepper and a teaspoon of English mustard. When all is melted take from the fire, and add an egg well beaten, stir carefully, then turn the mixture over buttered toast on hot plates and serve.

Camembert Toast

If you wish to serve Camembert cheese in a novel form, prepare it once in the form of Camembert toast and you will be sure to repeat the experiment. Remove the crust from a ripe Camembert cheese and spread it quite thickly over slices of brown bread. Dust the top with a little salt and a liberal amount of pepper and place the toast under the broiler of the gas range. Serve as soon as the top has the appearance of a rich brown crust.

Cheese in Ramekins

Stew for five minutes a can of French peas, drain, and mash through a sieve. Add butter, pepper, a dash of sugar, a half a cup of fine crumbs, and a half a cup of grated cheese,

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add two lightly beaten eggs, and pour the mixture into buttered ramekins. Bake till a delicate brown and serve hot with a simple salad of romaine and Boston lettuce cut in ribbons and a tablespoon of minced tarragon leaves, using French dressing made of walnut oil instead of olive oil. Garnish with red pepper rings.

Cheese Strudel

Roll a good puff paste very thin, spread lightly with smooth apple sauce, and sprinkle with grated cheese, a dusting of pepper and salt. Roll up, cut into three-inch lengths and bake till a delicate brown. Serve either hot or cold. Pinch the ends of each little roll before baking.

Brazilians

Blanch and chop fine six Brazil nuts, add them with a tablespoon of strawberry jam, a teaspoon of chopped celery, a dash of paprika, salt, and enough sweet cream to make a spreading paste to a package of cream cheese. Add enough cream so that the paste is thin enough not to break the bread while laying up the sandwiches. Cut rye bread very thin and cut the sandwiches into small rounds. These are dainty for afternoon tea.

Cheese Pufflets

Three ounces of grated cheese, one tablespoon of flour, one egg, saltspoon each of salt and pepper, and a cup of milk; bake ten minutes in popover tins. These are good to serve with a chop or piece of breaded cutlet.

Tutti Frutti Cheese

This is to serve with a fruit salad. Use one cream cheese, soften with a teaspoon of preserved ginger syrup, a teaspoon of sherry, and a little sweet cream. Chop fine one maras-

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schino fig, six cherries, one marron glacé, a strip of candied lemon peel, and three dry macaroons rolled fine. Form into a smooth paste, spread thickly on oval crackers, and put a cherry on top of each.

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NUTS

In the so-called "bloodless" or meatless diet that is being adopted by many food faddists and others, nuts of all kinds are a prominent factor.

The variety and supply, however, are quite equal to the demand and many foreign lands are sending their output to our markets.

The various health food companies pack nut specialties to be used in conjunction with their health cereals and fruits.

But the most reliable headquarters for nuts are the big wholesale shops who retail if customers will carry home their own purchases. The big grocers which handle first-class stock are also reliable places for nuts of the best known varieties.

Almonds we find in three grades, the "Ne Plus Ultra" of California being the finest. The almonds from Tarragon have the hardest shells, but are good, full-meated nuts for cooking purposes. The Jordan almonds are preferred for table use by many.

The Brazil nut contains enough oil to be considered nutritious and warming to the body. Some of us have no doubt often wondered just why this nut should have grown in such an odd three-cornered shaped shell; one of us has recently found out that with five of its fellows it fits like the segments of an orange in a big round burr or shell, which accounts for its shape.

The month of March brings the best Brazil nuts to market, the large "washed" nuts, and they are some time drying out before they are ready to sell.

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California is furnishing the finest walnuts. They are large and sweet, with light colored thin shells. The French ones used to be leaders but lately have not been quite up to the standard. The black walnuts from the southern part of Michigan are the finest, but are almost too rich to eat freely of even with a meatless diet.

Hickory nuts from New York State are always fine, and are in great demand for cake and candy making. The old-fashioned butternuts seem to be going out of style and favor, so that fewer and fewer are sent to this market each season. Hazelnuts from Naples and filberts from Sicily hold their own as old-time favorites for table use.

It remained, however, for the State of Missouri to "show us," the nut lovers of the country, a pecan worth while. The nuts are long, full-meated and thin-shelled, and the wise ones have to be "shown" them but once to refuse all others when buying. Those from Mexico have hard shells and the natives have a mysterious way of polishing the shells before sending them to market that gives them a peculiar reddish color, which is rather attractive.

From Armenia come the pistachio nuts, some already salted for table use in the shell and of largest size; others come for eating, candy and ice cream making.

The Chinese lychee nuts have become quite familiar to us in their round, pebbly shells, and appear with the dessert nuts on many tables.

Chestnuts from France, England, Spain, and our own country keep the market stocked in and out of season, and are becoming popular for cooking. They are used in many ways.

The pine nuts are most popular with food faddists. However they might not retain their popularity if each person had to shell his own nuts. The process of heating the cones until each upturned shell-like leaf opens to release the tiny nut is a long and tiresome job.

The newcomers in nut aristocracy are the Luzon and pili nuts from the Philippines. They are a sort of first cousin

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to the Brazil nut family, looking a bit like them in shape but having a smooth shell, easier to crack.

South America is sending its princess nuts to the States now. They are not as large as the Brazils and have a wavy sort of shell like the walnut.

To Salt Nuts

A general rule for salting nuts is here given which will be found satisfactory for home use in salting nuts that are usually treated in that way.

Select the best quality of nuts to be salted, shell them carefully, leaving the nuts whole, then plunge them into boiling water, allowing them to stand there for five minutes. Drain, blanch, and dry them on a soft cloth. Put a half teaspoon of sweet butter into a shallow pan with the nuts, dust them very lightly with salt, set the pan in a medium oven, watch very carefully, and stir so that the nuts color evenly. When they are a delicate brown turn them out onto coarse brown paper, rolling them around until they are free from every particle of loose salt and grease, transferring them to clean paper often. When cold they may be put away in a dry, clean glass covered jar, or in wax paper lined boxes.

Many people do them without putting in any butter, just drying them in the oven with the salt; but this is a matter of fancy. The nuts generally salted are the Jordan almond, the Brazil nut, filberts, pecans, peanuts, English walnuts, pine nuts, and pistachio nuts. The princess nut and Brazil nut, owing to their fatty composition, do not blanch well.

Brazil Nut Butter

After shelling and paring as many nuts as one wishes to make into butter, put them through the nut grinder, grinding to a fine meal, pack it in little jars, cover closely, and

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keep in a cool place until needed. In preparing for table allow half a cup of the meal to one of butter.

Chestnuts as a Vegetable

Peel and blanch a pound of chestnuts without breaking, then throw them into boiling water and boil eighteen to twenty minutes, until they are tender; drain, season lightly with a little salt, hold over the fire a moment until they are dry and mealy, add to an English brown sauce, and serve garnished with toast sippets.

Water Chestnuts

Water chestnuts are greatly favored by Japanese and Chinese cooks. They are used cooked or thinly sliced in salads; they cook in the same length of time that the ordinary chestnut does, and make a pleasant addition to sauces. They are improved by the accompaniment of the bamboo sprouts, either cooked or raw in salad.

Pine Paste

Grind a half cup of pine nuts and add them to a package of cream cheese, add half a red pepper and three olives chopped fine, juice of one onion, a saltspoon of salt, a half saltspoon of pepper, and a level teaspoon of sugar, adding enough sweet cream to make a spreading paste. Lay up in sandwiches made of rye bread cut very thin and lightly spread with honey instead of butter. Cut the sandwiches in rounds and if they are to stand a while put in a cool place and cover with a linen cloth wrung out of cold water, which will keep them moist and the edges from curling.

Nut Roast

Boil one can of peas twenty minutes, then strain through a sieve, add one cup of finely chopped or ground English walnuts, a cup and a half of fine bread crumbs, two beaten eggs,

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a heaping tablespoon of butter, a saltspoon of pepper, and a half teaspoon of salt; mold firmly in brick shape and place in well-buttered shallow roasting pan. Brush over with white of egg, baste twice with a quarter cup of white wine in which a lump of butter has been melted, and a dash of sugar and a grating of nutmeg added. Roast a half to three quarters of an hour, according to the oven heat, but do not burn or dry it too much. Serve a brown mushroom sauce with the roast, which should be sufficient for five persons.

Nut Cutlets

One fourth pound of lentils, two ounces of almonds, one fourth ounce of butter, one fourth ounce of flour, one egg.

Cook lentils and rub through a sieve. Blanch and grind the almonds. Make a batter with the butter and flour, add the lentils, almonds, and any desired seasoning. Mix well and turn onto plate. Make in a flat shape. Divide into six equal portions, making into cutlet shapes. Roll in beaten egg and bread crumbs. Fry in deep fat. Serve with tomato sauce.

Pine Nut Roast

Take two cups of green pea pulp (two cans of peas drained and pulped), one cup of chopped pine nuts, one cup of bread crumbs, one cup of grated pineapple, one small grated onion, a half gill of melted butter, one beaten egg, a half teaspoon salt, a saltspoon of pepper, and, if the mixture seems a little too thick, add a little cream. Turn into a buttered baking dish and cook until the roast is thick enough to slice. Serve with it a pineapple brown sauce, which is thickened with browned flour and has a cup of grated pineapple cooked in it.

Peanut Macaroons

Beat the whites of three eggs until foamy, add one quarter teaspoon of cream tartar, and beat until dry. Then beat

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in gradually one half cup of sugar. When all is in and the mixture very light, fold in one half cup of sugar, one teaspoon flour, and one pint of peanuts chopped to a powder. Drop by teaspoons onto a tin, lined with a buttered paper. Sift granulated sugar on top of each, and bake on floor of a quick oven from five to seven minutes.

Walnut Fritters

Put a small cup of milk and half an ounce of butter in a saucepan, over the fire. When it boils, add three ounces of dried and browned bread crumbs and a little dredging of flour. Let it cook until it no longer adheres to the pan, and remove from the fire. When cool, add two eggs beaten smooth, a large tablespoon of chopped walnut meats, a saltspoon of salt, a half saltspoon of pepper, a small grated onion, and a dessertspoon of chutney syrup. Mix well and shape into cakes a half inch thick, on a floured board. Roll the cakes in egg and bread crumbs and fry. Serve with grilled tomatoes and walnut gravy. This gravy is a medium brown sauce, mixed with walnuts chopped very fine.

Almond Pudding

Blanch and pound a half pound of sweet almonds and six bitter ones to a smooth paste with a spoonful of water; warm a quarter of a pound of butter and mix with the almonds and add four eggs, two tablespoons of sugar, two tablespoons of cream, and a tablespoon of brandy; leave out the whites of two of the eggs, beat them well, and add after the other ingredients are all well mixed; half fill buttered cups and bake twenty minutes; turn the puddings out onto a dish and serve with a sweet sauce.

Marrons in Honey

Take one pound of fresh marrons in the shell; remove the shells carefully and place without breaking into boiling

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water for five minutes, when they may be easily blanched; then place in a saucepan covered with milk and simmer until the chestnuts are tender. Mash through a sieve, add a quarter pound of honey, mix well; then put the mass through a ricer onto a pretty dish and surround it with whipped cream. If one desires the dish a little sweeter it may be sweetened before putting through the ricer.

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BREAD

"WHICH shall I choose?" This is the question which confronts the cook who is experimenting with the various fruit, vegetable, and grain flours. One really does not know how many there are without stopping to investigate, so many have appeared on the market in answer to the demand of the food educators.

Of course all cooks are well acquainted with rye, wheat, graham, whole wheat, rice, bran, barley, and corn flour, all of which have become far better products with the enforced pure food laws. But the banana, chestnut, lima bean, string bean, lentil, cassava root, yellow pea, green pea, potato, and mixed vegetable flours are new enough to most of us to need an introduction. Nearly all of the finest grades of these so-called fancy flours are of Swiss manufacture and are a bit too dear for everyday use. However, for invalids and children they are highly recommended. The expert cook finds them most excellent in sauce making, for they not only do the necessary thickening but add a delicate flavor all their own when properly combined. In some instances they also do the work of a coloring agent.

Banana flour makes delicious cake in layers to be laid up with fresh banana filling. Chestnut flour makes very acceptable chestnut sauce if one does not want to bother with the nuts or if they are not at hand to use.

Potato flour is excellent to use for potato pancakes or the Irish potato shortcake, which is baked in an iron frying pan on top of the stove. It is also good for soup thickening. Most of the other flours are adapted for gruels, sauces, or invalid soups.

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In using the wheat flour, the damp fine flour will be found to make the best pastry, while the dry, coarser variety makes the best bread. In place of using the compressed yeast in dough raising, there is a new product brought out by the same makers in the form of a dry yeast cake. It may also be had in a coarse yeast powder, which the professional cooks who are experimenting with it find does just as good work, and is always at hand for city or country use, so one need not depend upon delivery of the fresh yeast cakes.

The pans for the lighter flour mixtures should be warmed and lightly buttered before turning in the dough. For the heavier flours, have the pans quite hot and well buttered before turning in the dough. By following these rules at least five minutes of heating time will be saved.

In bread or muffin baking the heat of the oven is of great importance. A good medium oven is always the safest, for if too hot it burns before it bakes, and if too cool the mixture rises out of all proportion, bakes slowly, and is apt to fall when removed, or else be dry and tasteless. The medium oven may be sharpened a bit at the end of the baking time to insure a more even browning. If the oven is inclined to brown too quickly one should always have at hand sheets of asbestos paper to lay over the cooking dough.

Though the flour and yeast are of first importance in bread-stuff making, the other ingredients, such as butter, sweet milk, and eggs, should be beyond reproach, and the sour milk, if used, should be clotted before the soda is added to it.

The increased cost of bread may induce many women to turn to home baking, and therefore to welcome a recipe which simplifies the process. Usually from five to seven hours are required in baking. The recipe given below will give three loaves of bread, fully as large as the baker's ten cent loaf, and two pans of biscuits. One pan of biscuits may be used hot immediately, and the other, if desired, after being molded into shape, may be set on the ice until next

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morning, when it should be allowed to rise a half hour and baked twenty minutes, for breakfast.

Flour varies in texture, some requiring more milk or water than others, so that one must vary the time and heat required proportionately in baking. Milk will always make more tender bread than water, but half and half is the usual ratio. The compressed yeast must be absolutely fresh, that the buds may yield all the rising quality that is expected of them. A poor, thin, or stale cake causes imperfect fermentation, the result being a heavy, unwholesome loaf.

The home-made bread is cheaper than baker's bread, because it lasts longer, goes a great deal further, does not dry up and grow stale and hard overnight, but tastes well just as long as there is a crust left. If the milk is sterilized, as this recipe calls for, the bread will keep fresh very much longer.

Pour into the bread pan one pint of sweet milk, add to it one pint of boiling water, and let stand until lukewarm. Add a lump of butter the size of a small hen's egg, a teaspoon of salt, and the yeast cake, dissolved in one cup of cold water. Sift in the flour slowly, beating with a spoon as long as the batter can be moved in that way, then knead with both hands until the dough leaves the pan clean. Transfer to a floured board, where it must be kneaded lightly, but quickly, until filled with air bubbles. The more it is tossed and shaken, the better for it. Dust the pan lightly with flour and lay the bread in it; cover with a clean, heavy cloth and set in a warm corner to rise.

When risen properly, which will take from five to seven hours, according to the heat, the clearness of the weather, and the texture of the flour, have ready two well buttered biscuit pans, holding six or eight biscuits, and three bread pans. Pinch off the biscuit and shape them, putting one pan immediately on the ice for breakfast, leaving the others to rise and bake for dinner. Shape the loaves of bread and place them again in the warm corner, covered, until they rise to three quarters the height of the pan; then bake in a

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moderate, even oven from forty minutes to an hour, covering with a sheet of asbestos paper lest they brown too quickly on top. Test them with a strong broom splint to be assured they are done in the center, and remove from the oven. Take them out of the pans, and when the moisture has evaporated and they are thoroughly cold, put them into the bread box.

Twice or three times a week will be sufficient to bake for a family of four or six persons, and it takes but a small portion of the day in which to perform the task.

Steamed Graham Bread

Four cups of sifted graham flour, sifted four times; one cup of molasses, two cups of sour milk, two teaspoons of salt, two even teaspoons of soda, and one cup of raisins. Dissolve the soda in two or three teaspoons of hot water, and pour into the sour milk and molasses. When it stops effervescing, stir in the flour and add the raisins, which have been dredged in flour. Bake in well greased pans or molds. Steam three hours with the cover on; then set in a hot oven for twenty minutes, to dry and brown.

Oatmeal Bread with Honey

To a cupful of rolled oats add three cups of hot water, three quarters of a cup of honey, a heaping tablespoon of butter, and a level teaspoon of salt; stir the mixture thoroughly and when cooled to blood heat add a yeast cake that has been dissolved in a half cup of water. Stir in enough flour to make a kneading dough; knead, then set to raise six hours, then mold into two loaves, raise again, and when the pans are three quarters full bake forty to fifty minutes. Brush over the tops of the loaves with one teaspoon of honey blended with two of milk.

Steamed Brown Bread

Two cups of sour milk in one of which a heaping teaspoon of soda is to be dissolved, when it foams add one cup

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of sweet milk, one cup of rye meal, one cup of corn meal, one cup of molasses, a level saltspoon of salt; mix well, put into a steamer and steam four hours, then bake slowly for one hour.

Rye Bread

For rye bread use one pint of milk, scalded, one pint of water, a level teaspoon of salt, one yeast cake dissolved in a half a cup of cold water; mix and add, slowly sifting in, one quart of rye flour. Beat hard for five minutes, then add enough flour to make the dough of kneading consistency. Knead until the dough is free from all stickiness, then return it to the floured pan and allow it to rise for three hours. Turn it back onto the board, shape the loaves, and place them in buttered baking pans, baking them from thirty to forty minutes, testing with a straw.

Pulled Bread

Take a loaf of two-day-old bread, preferably French bread, and trim off the crusts, then tear the bread apart with two forks into pieces a little larger than an egg; place these on a tin in a cool oven and when they are thoroughly dry increase the heat and allow them to become a delicate, even brown color.

Bread Sticks

When making bread and shaping it to put in the pans take off a small lump, roll it out, and cut strips seven inches long from it. Roll these about the size of a lead pencil, lay them on a buttered baking pan, and allow them to rise until they double in size. Then bake in a quick oven for fifteen to eighteen minutes.

QUICK HOT BREAD

Regardless of the menace of indigestion the average person is very fond of hot bread, and those who have

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sojourned in the South return home to tell of breakfasts at which seven kinds of hot bread were served and vow that they will insist on having the same dainties here in the North. But somehow Northern people seem to cling to the morning toast or one or two varieties of muffins as their only indulgence in this line.

Perhaps it is because it seems too much trouble to provide the hot breads or the baker is too handy. However, if one gets the habit it really takes but thirty minutes to turn out the perfect product—ten for the making and twenty for the baking—not a serious outlay of time considering the homy touch and taste it engenders in the family circle.

Of course the best quick biscuits are made from the raised dough. Other possibilities besides the biscuits are the rusk, the fried bread, and the old-fashioned raisin rolls. These take a little more time than the hot rolls and other breads made with baking powder, but are well worth the trouble at least once a week.

Hot Raised Biscuit

When the bread dough is ready to put in the pans pinch enough biscuits off the dough and roll them in small balls. Lay them in rows in buttered pans, pricking the top of each with a fork, and let them rise to double their size. Put a little lump of butter between every two. Bake them twenty minutes.

Fried Bread

When the bread dough is ready for the pans cut off a good sized piece, roll it out on a floured board, and cut strips half an inch thick and four inches long. Roll them round between the hands and lay them on a floured board, allowing three to each member of the family and a few over. Let them rise until they puff up, then have ready a kettle of hot lard and fry them to a delicate brown. Heap them on a platter in a napkin and serve with maple syrup or hot honey.

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Rusk

Take one pint of milk, one egg, three quarters of a cup of sugar, one half cup of butter, one half teaspoon of salt, and three quarters of a compressed yeast cake dissolved in half a cup of cold water. Add flour enough to make a stiff batter that can be stirred with a spoon. Let it rise till light, then mold into small cakes. Lay the cakes in a well buttered pan and let them rise again and bake to a delicate brown. Brush over the top with a buttered cloth and sprinkle with powdered sugar. A cup of seeded raisins or currants may be added if desired.

Sally Lunn

Take one pint of flour, two teaspoons of baking powder, and half a teaspoon of salt. Beat two eggs, whites and yolks separately; add half a cup of sweet milk to the yolks, stir slowly into the flour, adding one half cup of melted butter, beat thoroughly, then add last the beaten whites of the eggs. Bake in well buttered warm muffin pans, filling them two thirds full; bake about twenty minutes.

Egg Puffs

Mix one pound of sifted flour with one tablespoon of baking powder, one teaspoon of salt, and two tablespoons of sugar. Beat three eggs, add them to two tablespoons of melted butter, mix all together, and add enough warm milk to make a moderately thin batter. Fill well greased hot muffin tins half full and bake quickly.

Popovers

Take one egg, beating white and yolk separately; one cup of sweet milk, one cup of flour, and a pinch of salt. Beat all together, adding the white of the egg last. Bake twenty minutes in buttered muffin tins.

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Sweet Potato Buns

Boil and mash one large sweet potato, roll into it as much flour as will make it like bread, add spice and sugar to taste, with a spoonful of yeast, a quarter yeast cake dissolved in cold water. When it has risen, work in a good sized piece of butter and bake it in small rolls, to be eaten hot.

Banana Popovers

Take one cup and a half of banana flour, one egg, the white and yolk beaten separately, a saltspoon of salt, three quarters of a cup of sweet milk or half a cup of whipped cream; mix all together, beat lightly, and pour into warm thinly buttered pans. Bake in a medium oven about twenty minutes, but the time must be judged by the way the popovers brown.

Quick Biscuits

Sift two cups of flour, two teaspoons of salt, and two teaspoons of baking powder into the mixing bowl; then put in alternately four tablespoons of olive oil and three quarters of a cup of milk; stir the mixture lightly with a spoon, turn on floured board, roll out, and cut desired size. Bake in shallow pans in a quick oven.

Corn Pone

Take a heaping coffee cupful of boiled hominy, beat it and thin it with a tablespoon of butter, three eggs, and a pint of sweet milk. Add as much cornmeal as will serve to thicken the mixture until it is like the batter for johnnycake. Bake in a quick oven and serve hot.

Egg Rolls

Beat two eggs into one cup of milk, add one tablespoon of melted butter, one cup of flour, one teaspoon of baking

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powder; mix well, then add enough flour to make the dough stiff enough to roll. Cut into small rounds and bake in a hot oven.

Dainty Biscuits

Work four ounces of butter into a quart of flour. Add enough milk to make it into paste and knead it well. Roll very thin and cut small. Bake a very delicate brown.

Rice Gems

Take a half cup of butter and melt it over the teakettle. Mix two cups of sugar with four eggs, beat thoroughly, and then add the melted butter. Sift together one and a half cups of rice flour and one and a half cups of wheat flour and one teaspoon of baking powder; mix thoroughly, then add a half cup of cream, beat the batter light and pour it into well greased pans, baking in a hot oven ten to fifteen minutes. Sometimes a few drops of lemon juice is added to the gem batter, but this is a matter of taste.

Scotch Scones

Put one quart of flour in a mixing bowl with one teaspoon of sugar, a half teaspoon of salt, and two teaspoons of baking powder. Rub in one large tablespoon of lard, two beaten eggs, and three quarters of a pint of milk. Mix the dough smooth and turn it onto the molding board. Roll it out an eighth of an inch thick, cut into squares the size of a soda cracker, and fold over the diagonal corners to make them three-cornered. Bake on a hot griddle eight or ten minutes, cooking them a delicate brown on both sides.

Ham Muffins

These muffins are a Mexican dainty and are unusual enough to be interesting. They are quite easily made.

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Beat one quarter of a cup of butter to a cream; add gradually three quarters of a cup of cold boiled ham chopped very fine, a well beaten egg, one cupful of graham flour, and one cupful of white flour sifted with two heaping teaspoons of baking powder, and a cup of sweet milk. Have the muffin tins hot and well buttered, and bake the muffins for twenty-five minutes. This recipe was one of twenty-three prize winning recipes selected from eighty-five hundred submitted in a recent contest under the auspices of the General Chemical Company for Ryzon Baking Powder.

Corn Muffins

Take one cup of yellow cornmeal, one half cup of flour, a tablespoon of sugar, one and a half teaspoons of baking powder, one beaten egg, one and a half cups of sweet milk, and a generous pinch of salt. Bake in hot greased gem pans from twenty to thirty minutes.

Gluten Muffins

Take two cups of gluten flour, two cups of milk, two teaspoons of baking powder, one well beaten egg. Mix the dry ingredients, stir in the beaten eggs and milk, beat thoroughly together, and half fill well buttered gem pans. Bake twenty minutes.

Chestnut Muffins

Beat three eggs, their whites and yolks separately, add three quarters of a pint of sweet milk and a tablespoon of melted butter, sift in one cup of chestnut flour with two teaspoons of baking powder. Beat the batter smooth, then add enough chestnut flour to bring the batter to a proper consistency, add also a pinch of salt, and half fill warm buttered muffin pans. Bake about twenty minutes.

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Fruit Muffins

Take one pint of flour, a quarter teaspoon of salt, two tablespoons of melted butter, a quarter cup of sugar, two small teaspoons of baking powder, one egg, and one cup of milk. Mix thoroughly as for plain muffins and add last of all one cup of fresh berries, seeded raisins, or finely chopped preserved fruit, dusted with a little flour. Bake in well greased muffin pans in a hot oven twenty minutes. See that the fruit is properly drained before being added. Blueberries will be found especially good in these muffins.

Parker House Rolls

This is a raised roll made from a famous old Boston recipe. Put two quarts of flour in the mixing bowl and put in the center of the flour two tablespoons of butter. Scald one quart of milk, turn it into the center of the flour, add a quarter cup of sugar, a level teaspoon of salt, and a yeast cake dissolved in three quarters of a cup of cold water. Dust a little flour over the top of the surface and set aside for three hours, then mix the dough together thoroughly and knead it until it is soft and elastic; do not add more flour unless absolutely necessary. Let it rise again, then roll out about a half inch thick and cut in rounds with a good sized cutter, brush over with butter, and fold over envelope fashion. Then place the biscuits in a well buttered baking pan, far enough apart so they do not touch one another, let them rise for an hour and a half, then bake in a quick oven for twenty minutes.

Hot Cross Buns

Mix two pounds of flour, half a pound of well washed currants, a teaspoon of mixed spices, a yeast cake dissolved in three quarters of a cup of cold water, and a half pint of warm milk. Mix the batter thoroughly, add a teaspoon of salt, and set it to rise. When it ferments add a quarter of a

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pound of melted butter and enough milk to make a soft paste. Dust with flour and let rise again, for half an hour. Shape the dough into buns and lay them apart on buttered tin plates in rows to rise for a half hour. Press the tops with a cross mold and bake in a quick oven. Powdered sugar may be sprinkled over the tops when the buns are done. This recipe makes two dozen buns.

Corn Bread

Mix one tablespoon of butter with two tablespoons of sugar and beat to a cream, add the yolks of two eggs and the beaten whites, stirring well, sift in one cup of cornmeal, one cup of wheat flour, and two level teaspoons of baking powder. Mix all together and add slowly one cup of milk. Pour the mixture into a buttered and lightly floured baking pan, and bake in a medium oven for fifteen minutes.

Nut Bread

Sift together three cups of pastry flour, three level teaspoons of baking powder, a teaspoon of salt, and three quarters of a cup of sugar, add one cup of chopped nutmeats, one egg beaten light, and one cup of milk. Mix and beat the dough until it is smooth, turn into a square buttered bread pan, and bake forty-five minutes.

Unleavened Bread

Take three cups of white flour, a half cup of thick sweet cream, a saltspoon of salt, and a half cup of cold water. Sift the flour in the mixing dish, adding the salt and cream, then rub together thoroughly. Then moisten with enough cold water to make the mixture of the consistency of thick pie crust. Knead and roll with the hands steadily for fifteen minutes on a floured board. Then roll the dough to about a quarter of an inch in thickness, cut it into four-inch squares, mark the squares in half across the top, so

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that when baked they may be easily broken, and prick each square with a fork to keep them from blistering. Lay on floured baking tins and bake in a quick oven, being careful not to burn or scorch.

Scotch Oat Cakes

Put a half pound of fine Scotch oatmeal into a mixing bowl. In a cup put a pinch of baking soda and a piece of butter the size of a hazelnut; add a half cup of hot water and stir until the butter is all melted. Then mix with the meal in the bowl, using a thin bladed knife; when the mixture is blended, turn out onto a molding board and knead it with the knuckles, keeping it round and not letting it crack at the edges. Strew plenty of dry meal over it and roll with a crimped roller, brushing off all the loose meal which does not adhere to the dough. Roll about as thick as an old copper cent; then cut the cake in three pieces and place them on a griddle to toast. As they get done, move them to a hotter place. Try them with the thumbnail to see when they are done, and, if they have ceased to be doughy, remove them to a toaster to dry but do not let them burn.

Scotch Short Bread

Beat one pound of butter to a cream, gradually sift into it two pounds of flour, then add a quarter of a pound of sugar, half an ounce of caraway seeds, one ounce of blanched sweet almonds cut in pieces or chopped, and a pinch of salt; work the paste until it is quite smooth and divide it into six equal pieces, put each cake on a separate piece of thick writing paper, roll the paste out square to the thickness of about an inch, and ornament all sides with the tines of a silver fork. Prick the top of the cakes well with the fork and ornament them with strips of candied orange peel. Put the cakes into a good oven and bake them twenty-five minutes.

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Scotch Cakes

Cream together one pound of butter and three quarters of a pound of brown sugar, a tablespoon of caraway seeds, a teaspoon of cinnamon, and a pound and a half of flour. Mix well, roll, cut in squares, and bake from fifteen to twenty minutes.

Yorkshire Pudding

Take a half pound of flour, one half teaspoon of salt, one teaspoon of baking powder, mix smooth with a half pint of milk, then add two tablespoons of melted butter and the other half pint of milk. Bake in a quick oven and serve under the roast English fashion.

Maryland Beaten Biscuits

Rub together one quart of flour, one teaspoon of salt, one tablespoon of butter, add one cup of cold water to make a stiff dough, then put on the board or a block and beat with a mallet for a half hour, when it will be brittle. Roll on the board and cut into half-inch thick rounds, prick with a fork like a cracker, and bake twenty minutes.

English Muffins

Heat in a double boiler one pint of milk and when hot add two tablespoons of butter and remove from the fire. When cool stir in a yeast cake that has been dissolved in a half cup of cold water, a level teaspoon of salt, and gradually sift in one pint of flour. Beat all together, then cover and stand away in a warm place for two hours or a little longer if not quite light. Lay greased muffin rings on a griddle, grease it lightly, and half fill rings with the muffin batter. Cook slowly, turning them with a pancake turner, and when they are cooked sufficiently to slip from the rings cook a few minutes on either side but do not burn them. They may be eaten hot or when cold pulled apart and toasted.

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WAFFLES

Plain Waffle Batter

Sift together one cup of flour, a saltspoon of salt, and a half teaspoon of baking powder; add a teaspoon of sugar and two eggs beaten white and yolks separately, and stir in one cup of sweet milk. When all is beaten light and smooth the batter is ready to use.

Rice Waffles

Mix three cups of sifted flour with a saltspoon of salt, two cups of boiled rice, and a teaspoonful of baking powder. Mix three eggs with a cup of milk and make the batter very smooth. Have the waffle irons hot and well greased and cook immediately.

French Waffles

Sift one quart of flour into the mixing bowl, add a teaspoon of salt and four tablespoons of olive oil; mix thoroughly, then add the yolks of three eggs beaten into one and a half pints of milk. Beat for five minutes. Set the batter aside and let it stand for thirty minutes, then add four level teaspoons of baking powder; beat it again and fold in the well beaten whites of the eggs, and the waffle batter is ready for use. Brush the waffle iron over with the oil.

Sweet Potato Waffles

Boil enough sweet potatoes so that when mashed they yield two cups; add two eggs, a half cup of sugar, a cup of melted butter, a pint of rich milk, and flour enough to make a thin batter. If the potatoes seem soggy, it is wise to add a half teaspoon of baking powder, but if they are light and dry this is not necessary. Bake the waffles small and serve three to a portion, dusted with a little powdered sugar and lemon juice.

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Banana Waffles

Make a batter with two cups of banana flour, a level teaspoon of baking powder, a half teaspoon of salt, two beaten eggs, a teaspoon of sugar, and one cup of milk. Beat until very smooth and cook. When done dust the waffles with powdered sugar and sprinkle with a few drops of lemon juice.

PANCAKES

If aluminum griddles or grills are used, they require no greasing, but a small amount of butter is added to the cake batter instead, which prevents it sticking. Thus the smoke which has always been objectionable from the greasy griddle is avoided.

The raised griddle cake made with yeast has almost entirely lost favor, since modern baking powder or whipped eggs seem to have raising powers superior to the yeast and are infinitely more time-saving. Fresh eggs, sweet milk, good butter, and the right sorts of flours must be at hand for the most successful pancake making. The most satisfactory way of using the batter after it is made is to turn it into a pitcher that has a long, slender spout and pour the cakes of equal size.

Wheat Cakes

One quart of flour, three teaspoons of baking powder, and half a teaspoon of salt; sift well together and add sweet milk enough to make a soft batter. Bake the cakes at once on a hot griddle, being sure that they are thin.

Glen House Flannel Cakes

Put two ounces of butter into a pint of hot milk and let it melt, then add a pint of rich cold milk, four well beaten eggs, a teaspoon of salt, a half yeast cake dissolved in half a cup of cold water, and sufficient flour to make a stiff batter.

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Set it in a warm place three hours to rise; then fry the cakes on a hot greased griddle and serve with hot maple syrup, fresh butter, and whipped cream.

Buckwheat Cakes

The buckwheat cakes are made in the same way as the wheat cakes only using buckwheat flour. To be good they must be light and thin. The sausage that may be served with them should be slipped from the cases or the loose sausage meat used. Place it in a bowl and season with a little finely powdered sweet herbs, a saltspoon of pepper, a half teaspoon of salt, a tablespoon of worcestershire sauce, two tablespoons of sweet cream, and the stiffly beaten white of one egg. Beat it thoroughly and form into flat, thin cakes that will fry quickly. Serve sandwich fashion between two cakes, and each sandwich is a portion. Serve with them a tureen of hot honey, or, if preferred, a thin chestnut sauce. A pound of sausage meat will make ten cakes.

The old-fashioned buckwheat cakes, made with yeast and raised overnight, were very apt to become sour, and disagreeable effects often followed their eating. This is entirely obviated by the use of the baking powder, which makes the cakes much more wholesome.

Many recipes lighten the flour by the addition of a small amount of fine Indian meal, others add a small quantity of banana flour, but this is a matter of taste

Venetian Bread Cakes

Remove the crumb of a five-cent loaf, soak in warm water two minutes, then wring dry in a towel; beat two eggs with the bread, two teaspoons of brown sugar, teaspoon of salt, one and a half teaspoons of baking powder; sift one pint of flour, and, stirring the mixture, carefully add three quarters of a pint of milk. When the batter is thoroughly smooth, if it seems too thick add a little bit more milk and a tea-

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spoon of melted butter. Cook the cakes on a well heated griddle; serve with them whipped cream, to which a little powdered sugar, a few drops of vanilla, and two teaspoons of finely ground walnut meats have been added.

German Pancake

One cup of flour, teaspoon of sugar, teaspoon of salt, yolks of three eggs beaten with a pint of milk; mix the batter and beat it smooth; just before cooking the cakes blend in the stiffly beaten whites of the eggs. Make the cake the size of the griddle; do not turn it. Sprinkle with powdered sugar and serve a little tureen of lemon juice with it.

French Pancake

Sift one cup of flour, a teaspoon of salt and teaspoon of baking powder together, add to it two well beaten eggs, beaten with a teaspoon of sugar and a pint of milk; mix into a thin batter, adding a teaspoon of melted butter. Make the cake rather larger than ordinary, spread it with jelly, and roll it; sprinkle with powdered sugar and serve in a napkin.

Rice Pancakes

The rice pancakes are made in the same way as are the wheat cakes except that rice flour is substituted for wheat flour. The quantities will remain about the same in both cases, but the cook must use her own discretion in the mixing of the batter.

Potato Pancakes

Grate four medium sized raw potatoes into a bowl, add half a cup of milk, half a teaspoon of salt, and two eggs. Beat all well together until the batter is light. Sift in two cups of flour, half a teaspoon of baking powder, and if the

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batter is too heavy add a little more milk until it is the right consistency. Fry the cakes in the usual way and make them as thin as possible. Serve three to a portion after turning over them a little melted butter.

Lentil Pancakes

Take three heaping cups of lentil flour and half a cup of white flour and mix them together. Add a heaping teaspoon of baking powder, a half teaspoon of salt, and a teaspoon of sugar. Mix and add a cup of milk, then fold in the stiffly beaten whites of two eggs. Beat the batter until light and add a little more milk if necessary. Fry and serve the cakes with a smooth rich tomato sauce.

Lima Pancakes

The lima pancakes are made the same as the lentil pancakes, only using lima bean flour in place of the lentil flour. These vegetable flours are new, and their handling is rather difficult until one gets the knack. They are light when dry, much lighter than the ordinary flour, and heavier when wet. For that reason the white of egg is used without the yolk for the purpose of lightening the batter. The cheese sauce that is served with the lima pancakes has for its foundation a rich, light cream sauce, not thick and pasty, but creamy and well seasoned. Just before serving add, to every three cups of the sauce, three quarters of a cup of grated English cheese.

Russian Pancakes

Make a large thin wheat pancake, cook in the usual way, and when done spread with the following paste: One teaspoon anchovy paste mixed smooth with two teaspoons of sweet butter. Spread the cake with this and sprinkle over it a tablespoon of caviar and a finely minced shalot, a few drops of lemon juice and a saltspoon of pepper. Roll the cake and serve hot.

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Mocha Pancakes

The plain wheat cake batter is used for these cakes, which are laid up jellycake fashion with a mocha filling. Three are served to each portion, the top being dusted with a little powdered sugar and finely chopped nut meats. Make the mocha filling the same as for the layer cakes, only thinner, so it will spread easily.

Austrian Pancakes

The Austrian cakes are made of the wheat flour, thin and as large as a tea plate. When they are cooked have ready a fine hard sauce made of butter and sugar flavored with vanilla, having blanched almonds chopped through it, and spread each cake quickly and roll it. Serve two to a portion and pass peach marmalade with the cakes.

Panama Pancakes

These cakes are made of banana flour. The quantities are the same as for the wheat cakes. Fry the cakes a little larger than usual and as thin as possible. For the sauce chop six bananas and fold them into two cups of whipped cream, then add a cup of honey, beating all smoothly together.

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DESSERTS

Custards

CUSTARDS in which gelatine is used are perhaps the most decorative in appearance when they are suitably molded, but these require a little more knack in the mixing than do the baked or boiled egg custards. Needless to say, only the freshest ingredients are permissible in this class of cookery; the purest of flavorings, rich sweet milk, pure cream, guaranteed eggs, and a fine-grained granulated sugar, with sweet butter, where used, and the best grade of powdered gelatine, are necessary for the desired results. In baking custards an even steady oven, not too hot, is best and they should be tested with a silver knife. After two or three bakings the most inexperienced cook will know how to judge them. If the custards are boiled use the double boiler, the upper recepticle preferably porcelain lined or of granite-ware, and be sure that the water in the under vessel is boiling when the custard is set over it and kept at boiling point until the cooking is done. Never allow it to get low enough not to surround the upper vessel; this insures a steady, even heat, which is often neglected and the resulting failure is an unexplained mystery to the cook.

Boiled Custard

Scald one quart of rich milk; into half of this put the yolks of five eggs beaten with three tablespoons of sugar and a pinch of salt, mix thoroughly and turn back into the rest of the milk. Cook until the milk thickens, which may generally be judged by the disappearance of foam from the

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top. Cover, and when slightly cool add flavoring to taste and the stiffly beaten whites of the eggs, mixing thoroughly together. This plain custard often forms the basis of many other desserts.

Baked Custard

Beat four tablespoons of sugar with four fresh eggs, turn over them one quart of warm milk, stir thoroughly, and add the flavoring. Fill custard cups with the mixture and stand them in a baking pan three quarters full of warm water. Bake in a moderate oven until they are firm in the center. Remove from the fire and when cool, chill.

Rice and Cheese Custard

Take one cup of boiled rice, add to it two beaten eggs, a cup and a half of milk, a tablespoon of melted butter, a teaspoon of sugar, salt and pepper, mix thoroughly, and grate thickly over the top English cheese. Bake and serve hot with the vegetable course.

Old-Fashioned Floating Island

Heat one quart of milk to scalding but not boiling point; beat the yolks of four eggs with four tablespoons of sugar, two teaspoons of extract of vanilla, and pour gradually over them one cup of the hot milk; then turn all into a saucepan and boil until it begins to thicken. When cool turn over thinly sliced sponge cake spread with jam and arrange in a deep compote. Beat the egg whites very, very stiff, whipping with them a little soft currant jelly. Drop the whip by tablespoons on top of the custard and place a little block of currant jelly on the top of each island. Serve very cold.

Modern Floating Island

Make a good boiled custard and when it is cold turn it into a compote. Beat the whites of four eggs very stiff,

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adding a little powdered sugar and a dash of vanilla flavoring. Very lightly grease a baking dish and drop the mixture into it by spoonfuls; lightly brown them one minute or two in the oven, then dot the top of the custard with them, heaping them in the center. Chill and serve.

Tapioca Custard

Put two tablespoons of fine tapioca, after washing, in a double boiler with one pint of milk; cook and stir until the tapioca is transparent, then add the yolks of two eggs beaten with three tablespoons of sugar and a pinch of salt, and stir until thickened. Remove from the fire and when slightly cooled add the whites beaten stiffly; mix thoroughly, add the flavoring, and set away to chill.

Syllabub

This old fashioned dessert is made by whipping one quart of cream with one cup of powdered sugar, beating stiffly the whites of four eggs with a small cup of powdered sugar, then mixing together and adding a glass of white wine. Pour over sliced sugared fresh fruit in season.

Peach Cobbler

Peach cobbler is a good Southern dessert which at the height of the peach season is at its best. Line a deep, square baking pan with good, flaky pie crust, forming an ornamental edge, and butter the baking dish well, to make sure the crust will not stick. Take fine, ripe peaches and quarter them and lay thickly and closely in the crust, sprinkling with plenty of sugar. If the baking dish is deep enough, two layers may be used, and then a little thin sugar syrup may be added, to moisten it until the juice cooks out a bit.

When the peaches are soft the cobbler is done, and it may be served hot with a good brandy sauce, or cold with plain whipped cream.

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Lemon Sponge

Dissolve two ounces of gelatine in one and three fourths pints of water, strain it into a saucepan, and add three quarters of a pound of sugar, the juice of five lemons and the grated rind of one; simmer gently for ten or fifteen minutes, strain, and let it stand until cold and it begins to stiffen. Beat the whites of three eggs very stiff, turn them into the mixture, and beat together until it is quite white, then turn into a mold that has been wet with cold water and set away to stiffen. When it is thoroughly cold and ready to serve turn onto a dish, garnish with cherries, and serve with whipped cream.

Rhubarb Fool

Stew two pounds of rhubarb, previously trimmed and wiped, add six to eight ounces of sugar, and the juice of a lemon, or some lemon-rind. When the rhubarb is tender, rub it into syrup through a fine sieve. When the pulp is cold, add to it one pint of cream (cold) or a pint of custard. Serve in a glass dish.

Rennet Custard

Sweeten to taste one quart of rich milk, add to it one table spoon of liquid rennet, one teaspoon of vanilla, and two tablespoons of sugar. Turn into a glass dish and set near the stove where it will get warm. As soon as it begins to thicken set on the ice. Serve with any of the fresh fruits or with preserves.

HALF A DOZEN ENGLISH TRIFLES

The trifle is a dessert much favored by English people and is not met with in the United States very often, but it is well worth trying. It is a cold dessert which is served in a deep comport and is very decorative in appearance.

The plain trifle is made in the following way: Cover the

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bottom of the trifle dish with little sponge cakes and macaroons after thickly spreading them with jam, next turn over them a cupful of rich fruit syrup, grate over them a little lemon peel, and scatter two tablespoons of chopped, blanched almonds over them also. Have ready a smooth, rich boiled custard made with plenty of eggs, have it chilled, turn it over the cakes, and last of all put over the top a whip made of one pint of heavy whipped cream, three ounces of powdered sugar and the whites of two eggs whipped to a stiff froth; this is mixed with the whipped cream, a tablespoon of vanilla flavoring and a grating of nutmeg are added. Heap this lightly in mound form on top of the custard and dot it with candied cherries and strips of angelica. It is a good idea to whip and drain the cream several hours before it is needed, thereby making sure that it is light and fluffy.

Apple Trifle

Make a rich smooth apple sauce, using about ten tart apples; when the sauce is cold cover the bottom of the trifle comport with it. Make a good custard and when it is chilled turn it over the apple sauce. Make the whip in the manner described in the foregoing recipe.

Banana Trifle

Slice four large bananas thinly, line the bottom of the comport with a layer of little sponge cakes, then cover the cake with a layer of the sliced banana. Take the juice of three lemons and three oranges, sweeten it quite sweet, and turn over the banana and cake. Make a smooth boiled custard, using a little banana flour in the thickening; when it is cool add a little rose coloring to tint it a delicate pink, and when chilled turn it over the banana. Make the whip in the way indicated before and garnish the top with candied rose leaves.

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Gooseberry Trifle

Stew carefully one quart of gooseberries with sufficient sugar to sweeten them and reduce them to a pulp. When cold cover the bottom of the trifle dish with them, then put in a layer of the chilled custard, and last of all the cream whip, dotting the top with blanched pistachio nuts and tiny cubes of mint jelly.

Grape Trifle

Take four pounds of Isabella grapes, wash and stem them and put them in a porcelain-lined pot with a cup of water; let them slowly melt and cook until they are done, then put them through a purée sieve or fine colander, add sugar to taste; cover the bottom of the trifle dish with sponge cake, then turn over the grape purée after it has been chilled. Next put in a layer of the custard and last of all the whip. Garnish this trifle with half pecan nuts and half white grapes that have had their seeds removed.

Grapefruit Trifle

Remove the pulp from two large firm grapefruit; spread some macaroons with apricot jam and line the bottom of the comport with them, cover them with a layer of the grapefruit pulp, and sprinkle all with powdered sugar. Make the boiled custard and when it is chilled color it a delicate green with the Breton coloring, heap the top with the whip, and garnish the top with candied mint leaves and candied violets.

Indian Trifle

Boil with one quart of milk the rind of half a large lemon until the milk is flavored with it, then remove the rind and stir in five heaping tablespoons of rice flour which has been moistened in cold milk. Add sugar to taste and boil gently five or six minutes, stirring constantly. Remove

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from the fire and when cold pour into a glass dish. When thoroughly chilled hollow out the center in any form desired and fill with a chilled, smooth custard. Blanch an ounce of sweet almonds, cut them in pieces, dot the top of the trifle with them, and lay a few cubes of currant jelly over the top.

PUDDINGS

Baked Apple Pudding

Fill a pudding dish nearly full of thinly sliced tart apples, add a cup and a half of boiling water, and set on the top of the range covered closely until they begin to cook. Then add one cup of molasses in which a teaspoon of sugar and one of flour have been beaten, a grating of nutmeg, then cover with a soft rich biscuit dough rolled a half inch thick and bake in moderate oven. Serve with hard sauce.

Apricot Pudding

Make a crust as for apple dumplings, roll out to a quarter of an inch thickness, and lay on a floured cloth. Spread with two and a half cups of apricots that have been pared and cut up and allowed to stand one hour covered with one cup of sugar. Roll the pudding, tie it in the bag and plunge into boiling water, and boil evenly for one and a half hours. For the sauce use a cup and a half of sugar to three quarters of a cup of butter creamed together and whip into it one egg. Set over the teakettle to melt; when thoroughly blended add a wineglass of apricot brandy and nutmeg to taste.

Bachelor's Pudding

Pare, core, and mince three large apples; add to these four ounces of currants, four ounces of grated bread, and two ounces of sugar, a few drops of lemon, a grating of nutmeg, and three well beaten eggs; beat all together, pour into a buttered basin, tie down the cover, plunge into boiling water, and let boil three hours; serve with Rocky Mountain sauce.

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Blackberry Roly Poly

Free from fiber a piece of suet weighing slightly less than a half pound, skin and chop same. Add to it a half pound of flour and a quarter teaspoon of salt, mix enough water to make a tender dough, and roll out on a floured board until about an inch thick. Spread with carefully washed ripe blackberries, sugar them well, roll the dough about them, and place the roll in a floured cloth. Plunge it into boiling water and boil for two hours. Serve with any good pudding sauce.

Boston Pudding

One cup of sweet milk, one cup of molasses, one cup of finely chopped suet, one cup of raisins, currants, and citron, three cups of flour, a dash of the different spices, a pinch of salt, and one teaspoon of soda. Mix well and steam for three hours. Serve with rich brandy, or Rocky Mountain sauce.

Brown Bread Pudding

Grate three quarters of a pound of stale brown bread; add to it a half pound of carefully chopped suet, half a pound of dried currants that have been thoroughly washed, a cup of sugar, four eggs, two tablespoons of cream, two of brandy, and a grating of nutmeg. Beat the ingredients together and turn into a well buttered mold. Tie it down tightly and boil for four hours. Serve with a good brandy sauce.

Canary Pudding

Take a scant half cup of butter and melt it, but do not let it boil; add a full half cup of sugar and the finely minced peel of one lemon. Sift in a half cup of flour and add three well beaten eggs. Beat all together. Pour into a buttered mold and boil two hours. Serve with a rich brandy sauce.

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Fig Pudding

Chop two pounds of figs into small pieces, grate a half pound of bread crumbs fine and chop one pound of suet; mix all together, add a half pound of flour, two eggs, and milk enough to make the whole into a stiff paste. Butter a mold and press the pudding into it closely; tie it down with a cloth and boil it for three hours. Turn out on a platter and serve with wine sauce, melted butter, or cream as best liked.

Fruit Pudding

One cup of sweet milk, one cup of molasses, one cup of finely chopped suet, one cup of raisins, currants, and citron, three cups of flour, spices, salt, and one teaspoon of baking powder. Steam for three hours and serve with a good brandy sauce.

Ginger Pudding

Mix six ounces of brown bread crumbs with three ounces of butter, a saltspoon of ground ginger, the juice of a lemon, and four ounces of sugar. Stir these in a stewpan until the butter is melted. Chop four ounces of preserved ginger and add to the mixture, with the yolks of two eggs. Beat well together and set aside to cool. Whip the whites of the eggs and stir into the pudding quickly. Fill a buttered pudding mold with the mixture, cover with a floured cloth, leaving room for the pudding to swell, and steam it for three hours. Serve with it a hot fruit sauce.

Golden Pudding

Put a quarter of a pound of dried bread crumbs into a basin with one quarter pound of very finely chopped suet; add a quarter of a pound of peach marmalade and a quarter of a pound of sugar, and when it has been well stirred together, add four well beaten eggs. Put the pudding into a

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well buttered mold, tie it down with a floured cloth and boil for two hours. Any good pudding sauce that is preferred may be used with this pudding.

John Bull's Own Pudding

Chop one pound of suet fine, wash and dry one pound of currants, stone one pound of raisins and free the stalks from one pound of large layer table raisins; one pound of sugar, one pound of chopped candied peel, one teaspoon of salt and one of mixed spice, half a pound of bread crumbs, and a half pound of flour, mix together and add eight well beaten eggs to which a cup of brandy has been already added, pour over the mixture, and stir for twenty-five minutes until all of the ingredients are thoroughly blended. Butter a pudding mold and three quarters fill it with the mixture, cover very tightly so no water can get in, then boil for thirteen hours. When cold the pudding may be removed from the mold, wrapped in a brandied cloth, and set away until it is needed, then return it to the mold, cover tight, and boil one hour and it will be ready to serve; pour over a wine-glass of brandy, garnish with holly, and send it to the table on fire. Brandy sauce goes with it.

Military Pudding and Lemon Sauce

Military pudding may be made in one large pudding or in individual puddings. Chop finely one half pound of suet, mix with a half pound of bread crumbs, half a pound of moist sugar; the juice of one large lemon and the grated rind. Stir the ingredients well, pour into buttered cups, bake a half hour and turn out into dishes, spread a méringue over the top, return it to the oven one minute to brown, and serve with lemon sauce.

A good recipe for the lemon sauce is three quarters of a cup of sugar, creamed with one half cup of butter, to which add one egg beaten lightly, the juice of one lemon, a little grated peel and nutmeg. Beat well; then add one half

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cup of boiling water, set over the teakettle, which must be kept boiling until the sauce is very hot, thoroughly smooth and melted but not boiled.

Marlborough Pudding

Beat a quarter pound of butter to a cream with a quarter pound of powdered sugar. Add four beaten eggs; then line a dish with good pie crust, spread a layer of jam in the bottom, then pour over the mixture, and bake the pudding for a half hour in medium oven.

Méringue Pudding

Beat to a stiff froth the whites of three fresh eggs, with one pound of sugar. Add the juice and grated rind of one lemon. Put a layer of sponge cake in the bottom of a glass dish, then a layer of the méringue, and repeat the layers until the méringue is used up. Dot the surface with candied cherries and chill well before serving.

Baked Orange Pudding

Roll six ounces of stale sponge cake into fine crumbs and pour over them one pint of boiling milk. Grate the rind of two oranges and squeeze the juice of six over a half pound of sugar. Beat six eggs and stir them into the mixture. Sweeten it to taste and pour into a deep pie dish lined with puff paste. Bake for half an hour, sift with powdered sugar, and serve.

Orange Batter Pudding

Make a batter pudding of four eggs, one pint of milk, one and a half ounces of sugar, and three tablespoons of flour. Put the batter in a well buttered basin, tie it down, and boil one hour; when done put on a platter, turn a jar of orange marmalade over the top, and serve with whipped cream.

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Peach Pudding

Make a batter of one half cup of sugar, three tablespoons of melted butter, one beaten egg, one cup of milk, one pint of flour, and one and a half teaspoons of baking powder. Add to this a cup of finely cut peaches, bake in a loaf, and serve with Rocky Mountain sauce, made with a cup of sugar, three quarters of a cup of butter worked to a cream, one beaten egg, and a generous grating of nutmeg. Melt over a teakettle, and before serving add a wineglass of good brandy, stirring thoroughly, so that it is well blended.

Pilgrim Pudding

Peel and chop six tart apples, add six ounces of bread crumbs and six ounces of sugar, the grated peel of half a lemon, half teaspoon of salt, one glass of brandy, and a grating of nutmeg. Steam in a well buttered mold for three hours and serve with rich wine sauce.

Popcorn Pudding

Dissolve one and a half ounces of powdered gelatine in two cups of hot water, then add one cup of sugar, two cups of milk, one cupful of chopped popcorn, and cook for a few minutes. Cool and add the strained juice of three oranges, one gill of cream, and the whites of three eggs, beaten stiff. Beat all together until cool and then pour into a wet mold. Turn out and serve with whipped cream to which have been added a dozen dry powdered macaroons, a teaspoon of vanilla and a tablespoon of powdered sugar.

Queen of Puddings

One half pint of milk, one ounce of butter, one half pint of bread crumbs, one lemon, two eggs, two ounces of sugar, two or three tablespoons jam.

Boil the milk with the butter and pour it over the bread

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crumbs; let it soak for a few minutes, then add yolks of two eggs, the grated rind of a lemon, and the sugar. Pour into a buttered pie dish and bake till set. Take it out of the oven, spread it with jam, beat whites of eggs to a stiff froth, spread over the top, and bake a pale brown. Sprinkle with sugar.

Boiled Raisin Pudding

Chop a half a pound of beef suet fine with a pound of stoned large raisins; add them to a pound of flour and a half teaspoon of salt; mix well and add enough milk to make a rather stiff dough. Place the mixture in a well floured pudding bag, plunge into boiling water, and boil four hours. Serve with brandy sauce or a Rocky Mountain sauce made quite sweet.

Rhubarb Pudding

Stew one and one half dozen stalks of rhubarb and a cup of brown sugar in a double boiler until tender. Drain and mash and mix with one pint of boiled rice, press into cups or one large mold, and set away to cool. Serve with whipped cream.

Rice Pudding

Take a cup and a half of boiled rice, add to it three well beaten eggs, a cup of cream, a cup of sugar, a gill of melted butter, and a half cup of sweet milk. Turn into a well buttered baking dish and see that it is three quarters full only. Bake until done, and when slightly cool spread with a layer of strawberry jam, covering that with a deep méringue, and return the dish to the oven for a minute or two so as to brown the top lightly. This may be served hot as it comes from the oven or chilled with cream. It makes a most delicious dessert and is much better than the usual rice pudding.

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Roly-Poly Mince Pudding

Allow six ounces of beef suet, skinned, shredded, and chopped fine to a pound of flour and a half pint of water; add a saltspoon of salt and work to a smooth paste, roll out one inch thick, and spread with good mincemeat well seasoned; roll and pinch the ends together, lay in a floured cloth, put into boiling water, and boil two hours. Drain and serve with brandy sauce.

Baked Indian Suet Pudding

Warm three pints of sweet milk and when hot stir in three large handfuls of yellow cornmeal; stir briskly until it thickens, then set aside to cool. When cool add three eggs, one quarter pound of finely chopped suet, four tablespoons of sugar, one cup of molasses, one pound of raisins, stoned, and a pinch of salt. Bake for two and a half to three hours and serve hot, though many like the pudding cold as well.

West Indian Pudding

Break six small sponge cakes in pieces, place them in the bottom of a pudding dish, and pour over them one pint of cream which has been sweetened with three quarters of a cup of sugar and brought to the boiling point. Cover the dish and let it stand until the cream has been soaked up by the cake. Beat eight eggs thoroughly and, when the cream is soaked up, stir them in. Butter a pudding mold and arrange around the sides pieces of thinly sliced preserved ginger; pour the pudding carefully in the center, adding a teaspoon of vanilla flavoring and a grating of nutmeg. Tie down with a floured cloth and steam or boil slowly for an hour and a half. When done, serve with a cup of heated ginger syrup turned over. This makes a very dainty and delicious pudding, not as heavy or hearty as a baked pudding.

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PUDDING SAUCES

Rocky Mountain Sauce

Take one cup of sugar, three quarters of a cup of butter; beat them to a cream; add one beaten egg, the grating of a quarter of a nutmeg, and a half gill of brandy, or a gill of sherry wine. Beat thoroughly and set in a bowl over the teakettle until all is smoothly melted. Serve with plum pudding, or any other heavy fruit pudding.

Hard Sauce

To one cup of powdered sugar use a half cup of butter, work together very smooth; add a small grating of nutmeg, a teaspoon of vanilla flavoring, and set aside to chill. Serve with any of the baked or fruit puddings.

Pastal Sauce

Pastal sauce is a smooth yellow custard made thin enough to pour, and the top is covered with candied rose and mint leaves, violets and pinks, while chopped through the sauce are raisins, angelica, citron, and orange peel. It is very decorative over a dark fruit pudding or over an angel charlotte.

Duchess Sauce

Boil two tablespoons of grated chocolate in a half pint of milk for five minutes; strain on two well beaten egg yolks that have been beaten with a half gill of cream and half a cup of sugar. Strain, return to the fire, and stir until it reaches the thickness of cold honey. Add a teaspoon of vanilla flavoring and it is ready to serve.

Foamy Sauce

Whip the white of one egg and a half cup of powdered sugar to a stiff froth; add one cup of whipped cream, mix

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lightly together, and flavor with one tablespoon of sherry. Set aside to chill.

Caramel Sauce

Put one and a half cups of brown sugar, three ounces of grated chocolate, and a half cup of cream into a saucepan; cook over hot water until all is smooth, then allow it to boil until a drop forms a jellylike ball when dropped into cold water. Add a teaspoon of vanilla flavoring and it is ready to serve.

Lemon Sauce

Boil one cup of sugar and one cup of water together until a drop forms a soft ball when dropped into cold water. Remove from the fire, add the juice of a lemon, and serve.

SHORTCAKES

Shortcake à la Panchard

Beat six ounces of butter with ten ounces of sugar to a cream, then add three eggs, one at a time, and two gills of milk; when thoroughly mixed add two teaspoons of vanilla, then sift in one pound of flour with two teaspoons of baking powder. Cream all together and fill three shallow buttered and lightly floured jelly cake tins full, and when baked turn out to cool. When ready to lay up, cover each layer with a little vanilla pastry cream, then a layer of finely cut ripe peaches sifted with sugar, then add another layer of cake, and so on until finished, covering the top with sweetened whipped cream.

Banana Shortcake

Slice eight bananas into a bowl, turn over them a pint of cold vanilla syrup, and let stand while the cake is cooking. Take one pint of flour, two teaspoons of baking powder,

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half teaspoon of salt, a quarter cup of butter, and enough milk to make a stiff dough. Mix the dry ingredients together, work in the butter with the hand, and add the milk slowly. Put onto the molding board, divide in half, divide each half again, then roll out or pat out the pieces until they fit shallow buttered jelly cake tins, place one piece in the tin, then butter the top of the dough and lay a second piece on top, so that the four bake in two pans. When done the cakes may be readily split and the filling be placed between them after the cakes have been buttered. Turn a little extra vanilla syrup over the top so that all edges are moistened, then heap with whipped cream and serve.

Apricot Shortcake

Pare and halve four pounds of apricots, put them in a deep dish with three cups of sugar and the juice of a lemon. Let stand two hours, stirring occasionally. Set in the sun or a warm place. Make an old-fashioned biscuit cake, and when done split and butter freely. Drain the apricots and fill the cake with them; then put on the top layer of crust and heap with the fruit. Pour over it a generous quantity of the fruit juice, but save a pitcherful to turn over each portion as served. Plain cream may be served with the shortcake, if desired.

Rhubarb Shortcake

For the rhubarb shortcake biscuit dough will be found the best. Use half a pound of flour, half a teaspoon of salt, two of baking powder, two tablespoons of lard, one of butter, and a half pint of milk; mix the butter and lard with the dry ingredients, slowly add the milk, and when thoroughly mixed divide in half, smoothing each into a well buttered tin. Bake for twelve to fifteen minutes in a quick oven, then remove, split, butter, and fill with a rich rhubarb stew which is quite spicy and sweet. Garnish the top with whipped cream and a few maraschino cherries.

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Jam Shortcake

Make a biscuit dough shortcake and when baked split the layers and butter them thickly. Put in a thick layer of apricot jam, and spread another layer on top. Have ready melted a tumbler of apricot jelly, turn over all, and heap the top of the cake with whipped cream.

Blueberry Shortcake

For blueberry shortcake make the shortcake a little richer than biscuit dough, and when done split it into layers, fill each layer with the berries that have been mashed up in sugar, and when ready to serve add a fluff of whipped cream over the top.

Orange Shortcake

Cut in pieces ten oranges, removing seeds and as much of the white skin as possible. Add to them two cups of sugar, juice of two lemons, and one cup of grated pineapple. Let stand and chill. Make a good shortcake dough—bread dough is preferable—and bake in two shallow pans. When done split, butter generously, fill with the orange mixture, draining off some of the juice. This may be made into two cakes on the platter, or one high one of four layers. Pour over the cakes enough of the juice to moisten them sufficiently; serve the rest in a small tureen so that it may be turned over each portion.

Strawberry Shortcake

Wash and top two quarts of fresh ripe strawberries; if the berries are large cut them in half and add to them two cups of sugar. Set aside and let stand three or four hours, stirring often. Make the shortcake of biscuit dough and when done split it in half and butter generously. Put in the berries and put them also over the top. Keep a cup of the juice

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to serve in a pitcher with the shortcake. If there is little juice left after laying up the cake take a cup of sugar, melt it with a half cup of water, let it cook three minutes, and add a little of the remaining juice to it and serve with the cake.

Austrian Apple Strudel

Mix one pint of flour with a half cup of water, add four ounces of butter, a pinch of salt, and three eggs. Mix until smooth and roll the dough out on a floured board, as thin as possible. Have ready two cups of chopped apples, a cup of seeded raisins, a cup of sugar, and a teaspoon each of cinnamon and cloves and a grating of nutmeg mixed together. Spread the dough lightly with some fresh butter, and sprinkle the fruit mixture over it. Roll the strudel, butter it over the outside, and bake.

Poached Apricots

Poached apricots are made by placing halves of very ripe, fresh fruit, or firm preserved fruit, on pieces of sponge cake, surrounding them with whipped cream to make them look like poached eggs. Slightly sweeten the cream and add a tiny scraping of the soft inside of vanilla bean for flavoring and put a spoonful of the apricot juice over the sponge cake.

Apple Dumplings

Mix one quart of flour with a teaspoon and a half of baking powder and a saltspoon of salt. Add a large tablespoon of butter and lard mixed, and enough sweet milk to make a soft dough. Roll out rather thick, cut into squares, in which a pared and quartered apple is placed, with sugar and a pinch of cinnamon sprinkled over it. Pinch the edges together, place in a deep pan with a lump of butter on each, and sprinkle with sugar and cinnamon. Fill the pan with boiling water, leaving only the top of the dumplings exposed, and bake forty-five minutes. Serve with hard sauce.

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TARTS AND SWEET FRITTERS

Banana and Damson Tart

Line a deep pie dish with thin paste. On it arrange a layer of sliced bananas (eight are used, sliced lengthwise). Next a mixture of two tablespoons of sugar, a little grated lemon peel, and three dessertspoons of rum is sprinkled over the bananas. The dish is filled up with preserved damsons, with a little of their juice, and the whole is covered with a light, short crust. Bake three quarters of an hour in an even oven. The tart may be served hot or cold, according to taste, with a sauce composed of the yolk of one egg mixed with twice its weight of cream, one tablespoon of rum, and a wineglass of the plum syrup for sweetening.

Frangipane Tart

Mix half an ounce of flour with a little milk. Simmer a scant pint of milk with two bay leaves, a little lemon rind, and a pinch of grated nutmeg for about fifteen minutes. Strain this into the flour thickening. Add three ounces of butter, the same weight of sugar, eight eggs, beaten lightly. Allow the mixture to simmer until thick, but be careful that it does not boil. Line patty tins with puff paste and fill with the mixture after it has become cold. Bake twenty-five minutes in a moderate oven.

Maids of Honor

Take one cup of sweet milk and one cup of sour milk, put in a double boiler over boiling water and let stand long enough to set the curd. When set, strain off the milk and rub the curd through a sieve. Add to it a tablespoon of melted butter, a cup of sugar, yolks of four eggs, juice of one lemon, and a little of the grated peel. Have ready tartlet pans, lined with puff paste crimped at the edges; after beating the mixture, pour it into the tarts and bake.

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Peach Pufflets

Mix one pint of flour, a pinch of salt, and one and a half teaspoons of baking powder, with enough milk to make a soft batter. Put into well greased little cups a spoon of batter and a spoon of cut-up peaches, then another of batter; steam in steamer twenty minutes and serve with hard or good brandy sauce.

Fanchonettes

Fanchonettes are made like the old-fashioned custard pie, only they are the size of tarts. Prepare the crust in little patty pans and fill with a custard made of four yolks of eggs, two ounces of butter, two tablespoons of sugar, two beaten whites of eggs, three dessertspoons of flour, and three quarters of a pint of milk. Blend smoothly and bring to boiling point in a granite saucepan, then fill the tarts and bake in a medium oven. When done whip the other two whites of eggs with two tablespoons of sugar for a méringue and let it lightly brown in the oven. When cold serve on a doily garnished with strips of angelica.

Gooseberry Tart

Line the tartlet pans with a good puff paste. With a pair of kitchen scissors top and tail one pint and a half of fresh gooseberries; fill the tartlet pans with the berries, piled high and covered with sugar. Lattice the top with crust and bake. Serve with a little sifted sugar over the top and a pitcher of sweet cream.

White Grape Tart

Line ramekin dishes with rich puff paste and bake in a brisk oven for about ten minutes. Let the paste cool, then fill with white grapes. Take six ounces of icing sugar, mix with one and a half tablespoons of water and a few drops of vanilla essence. Let cook for a few minutes and use while hot to glacé over the grapes.

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Marron Tart

Make the tartlets of good puff paste, and prepare the following mixture for a filling: One sweet pineapple, diced; a small bottle of preserved marrons cut in small pieces, and three tablespoons of ginger syrup. Fill the tartlets with this mixture, spreading a teaspoon of currant jelly on top of each, and bake a delicate brown. When ready to serve put a teaspoon of whipped cream on top of each tartlet with a half marron in the center.

Polish Tarts

Roll the puff paste thin and cut it into two-and-a-half-inch squares. Brush with the white of egg and turn down the points so that they meet in the middle. Sift a little sugar over them and bake fifteen minutes in a quick oven. When they are done fill the center with jam.

Rhubarb Fritters

Wipe six or eight sticks of rhubarb, and cut them into two-inch pieces. Make a batter with four ounces of sifted flour, a pinch of salt, a gill of milk, and the whites of two eggs beaten stiff. Let this stand for about an hour; dip the pieces of rhubarb in the batter, so that each piece is well covered; drop them into hot fat, or clarified drippings, and fry till they are a golden brown. Drain the fritters on a cloth or paper, dredge them with powdered sugar, place on a hot dish, and serve them very hot. If extreme sweetness is desired, the rhubarb can be parboiled in a syrup and drained before being fried.

JELLIED DESSERTS

Apricot Brandy Jelly

Put one pound of sugar and one and a half pints of water in a stewpan to boil, skim it until it is clear. Simmer

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two ounces of gelatine in a half pint of water and skim that carefully. Put together and add the juice of two lemons and bring to the boiling point. Add a half pint scant measure of apricot brandy, let it stay covered and melt together, then strain into a mold and put upon the ice. When ready to serve dip the mold into hot water, loosen the edges with a knife and slip it onto the plate. It is usually served with ice cream, though whipped cream may be used, with a little preserved ginger on the side.

Burgundy Cream

Take one pound of strawberries, a half a pound of sugar, the juice of one lemon, a half glass of white wine, and a half ounce of powdered gelatine dissolved in a little water. Warm and melt all well together, then add a pint of whipped cream. Pour into a mold and set away to jell.

Jellied Dates

Cut half a pound of dates in halves and remove their stones; put them in a saucepan with one and a half cups of water and three tablespoons of sugar and cook them slowly until they are soft. Then add a heaping tablespoon of powdered gelatine which has been melted in the juice of an orange, a tablespoon of vanilla flavoring, and a few drops of green coloring. After stirring all together, pour into a wet ring mold. When chilled and ready to turn out, place on a platter and fill the center with whipped cream which has been slightly sweetened and to which a quarter cup of chopped pecan nuts has been added.

Fruit Jelly

Dissolve one package of gelatine in one half cup of cold water. Add one pint of boiling water, one cup of sugar, juice of two lemons, and one half pint of grape juice. Cool and add one cup of finely chopped walnuts, one cup of

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Malaga grapes, halved and seeded, and one half cup of maraschino cherries. Chill and serve with sweetened whipped cream.

Macédoine of Fruits with Jelly

Into a mold that has been on ice cut some firm fruit in small pieces and sprinkle it lightly with powdered sugar. Make an ordinary jelly flavored with wine, and when it is cold, but just beginning to stiffen, fill the mold and set away to harden. When ready to serve turn onto a platter and cover with whipped cream. Serve pound cake with it.

Orange Cream

Squeeze the juice of six oranges and one lemon into a saucepan with one and a half ounces of gelatine and sufficient water to make in all a pint and a half. Rub sugar on the orange and lemon rinds and add to the mixture. Simmer all together for about ten minutes, then strain through a muslin bag and beat a half pint of good cream with it. Wet a mold and pour in the cream to set. Put on ice until ready to serve. Whipped cream may be used if desired with it.

Raspberry Bavarian Cream

Soak half a package of gelatine for two hours in half a cupful of water. In the meantime mash a quart of raspberries with a cupful of sugar and let them stand an hour. Whip a pint of cream to a stiff froth. Pour half a cupful of boiling water on the gelatine and strain it onto the juice. Put the liquid in a saucepan in a pan of water with ice in it. Beat the liquid until it is stiff as custard; stir in a pint of whipped cream. Put into the icebox to chill and serve with cream.

Russian Cream

Beat the yolks of four eggs with one cup of sugar, then add one quart of milk and cook like a custard. Take from the

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stove when slightly thickened and add the beaten whites of the eggs, stir well together for a few moments, then add a half box of gelatine dissolved in one pint of warm water and the strained juice of a lemon. Pour into a wet mold and set away to harden. Served with whipped cream, this is a very pretty dessert, for if it is made just right, the jelly forms the top layer, when turned out, with the spongy cream at the bottom. Be sure that the mold is well wet before the mixture is turned into it, so that the cream will turn out perfectly when it is chilled.

Spanish Cream

Soak one half box gelatine in one quart of milk for one hour. Then put on the fire and stir until it begins to thicken. Add the yolks of three well beaten eggs and a cup of sugar. When it comes to boiling point strain into a mold and flavor with vanilla. Beat the whites with three tablespoons of sugar, flavor with vanilla, and use as a sauce when the cream is ready to serve.

Strawberry Cream

Soak one and one half tablespoons of granulated gelatine in one fourth cup cold water and dissolve in one third cup boiling water. Add one cup syrup made from fresh strawberries and more sugar if not sweet enough. Set bowl containing mixture in pan of iced water and stir until mixture begins to thicken; then fold in cream.

Tutti Frutti Jelly

Make a regular lemon jelly by dissolving three heaping tablespoons of gelatine in one and a half cups of warm water, and adding two cups of sugar, one gill of lemon juice, a little grated lemon peel, three cloves, one inch of cinnamon, and one teaspoon of coriander seeds. Beat all together, allow them to come to boiling point, and then let stand for five

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minutes and strain carefully. Have ready three medium sized peaches thinly sliced, one banana thinly sliced, a half cup of chopped and seeded raisins, a half cup of candied cherries, chopped with two strips of angelica, and one slice of candied pineapple. When the jelly is cool stir the fruit into it, turn all into a wet mold, and set away to chill. Serve very cold with plain cream.

Isinglass, gelatine leaves, and agar-agar may be used in place of gelatine powder if desired; the latter may be procured at any drug store and is used in the same way as the gelatine.

FRUIT DESSERTS

Apple Méringues

Stew two pounds of apples that have been quartered, pared, and seeded with four ounces of sugar until tender. Beat the yolks of six eggs with two ounces of sugar and pour over them one pint of boiling hot milk. Put this custard into a saucepan and cook until it is as thick as cornstarch pudding, drain the apples and arrange them in a dish, pour the custard over them, beat the whites of the eggs to a stiff froth with a little powdered sugar, cover the custard with the méringue, and place in the oven until lightly browned. This pudding may be served hot or chilled with whipped cream, according to taste and season.

Apple Snow

Peel and grate one large sour apple, sprinkling it with a cup of powdered sugar as you grate to keep it from turning dark, break into it the whites of two eggs, and beat all for a half hour. Pour into a glass dish and pour a rich custard around it, chill and serve.

Ginger Apples

Wash and bruise one and a half ounces of ginger root, put it into a small jar, and cover it with a quarter of a pint of

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good whiskey; let it stand three days. Add to it the juice of two big lemons and two pounds of sugar, pare, core, and slice into it three pounds of apples, and simmer all together until the apples are transparent but not broken. Remove the apples and strain the juice over them. Serve cold with cake and garnish with candied lemon peel.

Marmalade au Crème

A pretty apple dessert dish is made by turning a small amount of apple marmalade into a mold wet with cold water. When set and chilled, place on a deep plate, sprinkle thickly with powdered pecan nuts, turn a rich, cold custard around it, and heap whipped cream on top.

Blackberry Beaumont

Pick over and wash carefully one and a half pounds of blackberries and put them in a saucepan with a pound and a half of cored, peeled, and sliced cooking apples, one and a half cups of sugar, and one gill of water. Cool slowly until soft, then rub through a sieve. This should make about one and a half cups of the pulp. Dissolve one heaping tablespoon of gelatine in a gill of hot water, and add to the mixture; stir all together, then pour into a wet mold and allow it to set. Serve with sweetened whipped cream and garnish with a few of the ripe blackberries.

Banana Soufflé

Slice six ripe bananas into a glass dish, have ready a good rich boiled custard not too thick and flavored with lemon and turn over the bananas, beat stiff three whites of egg with a little powdered sugar and flavor it with lemon juice, then drop it by spoonfuls over the top, put a cherry on each little white mound, chill, and serve.

Banana Omelet

To eight fresh eggs add a gill of cream, two saltspoons of white pepper, one of salt, and a dash of sugar. Beat with a

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silver fork for two minutes. Slice and fry to delicate brown two bananas in melted butter, tossing them lightly. When finished, turn the eggs into the pan over the bananas, beat for two minutes, then let them rest half a minute to set. Fold the sides of the center, let cook a minute or two, but do not burn. Turn onto a hot plate, sprinkle with powdered sugar, and garnish with strips of angelica and maraschino cherries.

Cherry Puffs

Mix well one pint of flour with one and a half teaspoons of baking powder and a generous pinch of salt; make into a soft batter with milk. Butter well as many little cups as are needed and in the bottom of each place a tablespoon of pitted cherries that have been dusted with sugar, then a tablespoon of the batter, another of the cherries and another of the batter. Set the cups in a steamer and steam twenty minutes; turn out and serve with a hot vanilla pudding sauce.

Date Soufflé

For a date soufflé take one pound of stoned and chopped dates, moisten with a little thin sugar syrup to which a little sherry and the stiffly beaten whites of five eggs have been added; bake in a hot oven. When it puffs up a delicate brown it is done. Serve at once with whipped cream.

Dainty Dates

Remove the seed from the date, place an almond in its place, roll in powdered sugar, lay in a glass dish, and cover with whipped cream.

Figs in Honey

Soak half a pound of cleanly washed, whole figs until they are soft, then stew them in a cup of honey and a cup of

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water until they are very tender. They may be served hot, with just a little of the juice, or they may be drained, cooled, and served with a little cream.

Dried peaches, apricots, and apples may be soaked, then stewed and served with boiled custard or rennet custard, or they may be put through a purée sieve after stewing and made into a fruit purée by adding to them a little hot milk or cream.

Supreme of Fruits

Cut into small pieces the following fruits: Pears, peaches, canteloupe, a few strawberries and red raspberries. Sweeten to taste and add a small glass of pineapple juice. Garnish with strips of angelica and a few frosted mint leaves, and serve very cold.

Orange Soufflé

Peel and slice eight oranges. Place in a deep dish and sprinkle sugar between each layer. Make a rich, soft custard, and when cool, pour over the oranges. Whip the whites of three eggs stiff with three tablespoons of powdered sugar and spread over the top of the custard. Put in a very hot oven for two minutes to brown, then chill thoroughly.

Orange Chocolate Quarters

Peel and break into segments six sweet oranges, removing the white skin and being careful not to break the skin so that the juice runs. Moisten a half cake of sweet chocolate and three quarters of a cup of sugar with a half cup of water and boil three minutes. Then have ready the beaten whites of two eggs. Pour the mixture on the eggs and beat until thick and cool. Dip the orange quarters into it and lay them on wax paper to drain and glaze. Serve with ice cream or fancy cake.

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Peach Bavaroise

Cut eight fine large peaches in half, peel, and remove their stones. Cook the halves carefully in a pint of vanilla syrup. When done, drain and place them on a wire sieve to cool. Boil a quarter pint of milk and add to it the well beaten yolks of two eggs and let it cook just enough to bind the eggs; then add four leaves of gelatine which have been soaked in cold water, two tablespoons of sugar and when all is melted strain into a bowl and set away to chill. Whip one half pint of heavy cream and when the custard is cold cover it with one half of the whipped cream. Dice a slice of preserved pineapple and cut a few candied cherries and strew over the top. When chilled arrange the peaches on top, leaving a space in the center in which to pile the remainder of the whipped cream.

Baked Pears

Fill a buttered baking dish with pared and quartered ripe pears, arrange with layers of stale cake crumbs rolled fine, sprinkle with a half cup of sugar, and add a cup of strained honey and a wingelass of brandy. Bake a delicate brown, remove from the oven and spread a méringue on top and return to the oven for a minute or two to brown; cool, chill, and serve with whipped cream.

Princess Pear

Cut a large, ripe pear in quarters, remove seeds and core, and stuff with brandied cherries. Place on white lettuce leaves or surround with whipped cream. Garnish with berries.

Pineapple Whip

For the pineapple whip take one ripe pineapple, pare, slice, and remove from the center of each slice the hard

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core. Chop or cut coarsely, and add to it a tablespoon of sugar, the juice squeezed from the hard centers, and one cup of marshmallow whip. Mix together, and add three tablespoons of sherry and half a cup of whipped cream. The mixture may be turned over squares of plain cake or used with ice cream, or over berries, or alone. It is a very dainty summer dessert.

Prune Whip

Stew one pound of large prunes until they are tender. Drain them and when slightly cool remove the pits, and chop the pulp fine. Add a little sugar and enough whipped cream to beat the pulp very light with a silver fork. Chill, heap in a parfait glass, and garnish with a cherry.

Baked Quinces

Select enough quinces to fill a baking dish; pare, core, and arrange them in the dish, fill their centers with honey and sprinkle them with sugar, then fill the dish with cold water and bake them in the oven until they are tender when tried with a straw and are a good red color. Remove from the pan, drain, and when cold remove to a fancy plate; chill and when ready to serve cover with whipped cream; sprinkle the top with powdered macaroons and dot with red cherries.

Raspberries Exquisite

Wash two baskets of raspberries, sugar them, and turn over them a wineglass of Curaçoa, and then place in the cooler. Pass through the purée sieve another basket of berries, adding sugar and sweetened whipped cream. Drain the juice from the other berries, place in a tall glass of cracked ice, pour over the cream mixture, and serve very cold.

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ATTRACTIVE WAYS TO SERVE MELONS

Cantaloupe Supreme

The "cantaloupe supreme" is made by choosing slender oval cantaloupes and cutting the melon into points with a sharp knife before pulling it apart. Take out the seeds. Then carefully scoop the melon flesh out with a small potato scoop, add a few segments of grapefruit that has been chilled like the melon, sprinkle with a little powdered sugar, a little grating of nutmeg, and a dash of apricot brandy, return to the shells and serve on individual plates, with fruit fork at the side.

Cantaloupe Baskets

Cut the melon basket fashion and take out flesh with ball cutter. Chill the balls, and just before serving turn a little apricot brandy over each. A few sliced peaches sweetened and folded in a little whipped cream may be used as a garnish over the top.

Cassaba Melon

Chill the melon and then cut it in half. Scoop out the flesh in balls with a melon scoop and heap them back in the shell, dusting them with powdered sugar and two tablespoons of sherry mixed with a teaspoon of ginger syrup. Serve very cold.

Watermelon

The watermelon after being thoroughly chilled may be cut apart with points, then cut down but not separated like a lotus blossom if it is to be served plain at table. Or it may be cut basket fashion with a high handle. The fruit is all taken out by spoonfuls, the seeds removed, and the basket is then filled half full of shaven ice with the melon on top and the melon put on the table, with a big

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pink bow tied to the handle. This is very decorative for a centerpiece at a melon feast.

Watermelon Squares

Cut the melon into thick squares, free from seeds, and hollow them out with a teaspoon. Fill each with ice-cream. Take fresh macaroons, smear their flat surfaces with a little maple syrup, and stick them around the square sides of the melon, two on each side, or one on a side if they are large.

Watermelon Sandwiches

These are made by cutting the ripe, well chilled melon lengthways in one-inch slices. Remove the seeds and cut into four-inch squares. Split these if necessary and spread thickly between the slices with vanilla French ice cream and on top of each spread pistachio cream. Serve as quickly as they are prepared with an ice cream fork and sweet wafers.

Watermelon Jelly

Take enough of watermelon pulp to rub through a sieve and make about three cupfuls. Add enough cold water to it to make one quart altogether. Put it into a saucepan, add three tablespoons of gelatine mixed in a little cold water, three ounces of sugar, the rind of one lemon, three cloves and one bay leaf, and the whites and shells of two eggs. Beat over the fire until it comes to a boiling point. Keep it there for three minutes, then strain, cool, and turn into a wet mold. When set turn onto a platter, heap with whipped cream which has had a little sugar and a few chopped nuts mixed with it. Cantaloupe jelly may be made in the same way, only it may be turned into its own hollowed shells to harden.

If the water melon is to be served plain for dessert it is very good to plug it and turn into it two bottles of imported

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ginger ale, chill it, and when ready to serve cut in strips piled log-cabin fashion on the plates to be eaten with the fingers instead of a fork.

PIES

In making pie crust that known as puff paste will be found the most difficult to make, for it requires practice and skill to bring it to that point of flaky tenderness and lightness for which it is famed. If properly made the puff paste will rise in the oven and bake in light flaky layers without greasiness.

The beginner must learn to handle it lightly and as litfle as possible in rolling and turning, and it should also be placed in the ice-box for several hours after it is made before baking.

Pastry flour is best for pie crusts and there are several good brands to be had. This flour is lighter in texture than the bread flours.

Puff Paste

Take three cups of flour that has been sifted seven times and add to it a saltspoon of salt, one cup of butter, and the yolk of one egg. The paste must be made in a cool place. Place the butter and egg yolk in the center of the flour and begin to work in the center drawing in the flour from the outer ring. As it begins to take up the flour add slowly a little ice water, using in all about one cup. Work until the paste is smooth and fine, then place it in the ice-box for fifteen minutes. Put it back on the board and roll it the size of a dinner plate. Place on it one cup of butter and wrap over it the edges of dough, carefully covering it. Turn the dough over and roll very thin; then fold it square in three, roll out, and repeat twice more. Then place the dough in a tin over cracked ice and place another tin of cracked ice over it, allowing it to stand thus for five minutes between each rolling and folding. Then remove

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the paste to a cold dish and let it stand in the ice-box for several hours before making the pies.

Plain Pie Crust

Take three cups of sifted flour, sifted three times, and add to it a saltspoon of salt, a half teaspoon of good baking powder, a half cup of butter, and a quarter cup of fresh lard; work the mixture to a paste, using a cup of iced water, or a cup of sweet cream. Roll the paste thin and it is ready for use.

Hot Water Pie Crust

This is a method introduced by the Domestic Science Department of a western college. The recipe calls for three cupfuls of sifted flour, one half teaspoon of salt, and one half teaspoon of baking powder sifted together. Put into the mixing bowl first a half cup of butter and one quarter cup of lard. Add to the shortening one half cup of boiling water and beat with a fork until all is creamy. Sift in the flour mixture slowly, beating it the while, and when all is mixed roll out the crust. This recipe makes crust enough for two pies. When half the crust is needed, wrap the remaining dough in wax paper and put it where it is very cold until dough for another pie is required. This is the quickest known method of pie making.

There are many new substitutes for butter and lard, some of which can be highly recommended, but nothing has yet been found to excel pure sweet butter and pure lard. Therefore all the recipes herein given are made with the pure and well known ingredients.

If the housekeeper wishes to try the new shortenings, she will find adequate directions supplied by the firms who put the products forward.

A good way to use up leftover crust is to roll it out thin and shape it over well buttered layer tins turned upside

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down. This makes shells which, when filled with fresh fruit heaped with whipped cream, are good for a change.

Puff Paste Rings

Roll the puff paste to a quarter of an inch thickness and with a round fluted cutter make as many rings as are required. Roll the dough again and cut out the bottoms, brush with egg, and bake a delicate brown, when they are ready to serve sweets or vegetables in.

Pastry Flowers

Roll the paste out to a quarter of an inch thickness and cut the rings and bottoms as before; blanch and cut three ounces of almonds in half, stick them around the edge, brush with egg and dust with powdered sugar and bake; when done fill with red jam and lay with a strip of angelica between each almond, and they look quite like flowers. They are pretty to serve with afternoon tea.

The hollow glass rolling pin to be filled with shaved ice for use in pastry making, while not new, is a very clever invention.

The double rolling pin has two handles, one at either end. It does double the work of the single pin and is easy to operate.

Plain Apple Pie

Pare and slice thin tart apples enough, carefully and thoroughly removing the cores, to fill the pie plate quite full. Add one cup of sugar, a saltspoon of grated nutmeg, and three quarters of a cup of iced water, or less if the pie plate is shallow. Dot a teaspoon of butter in little lumps over the top, put on the top crust, and bake in a medium oven until the crust is a delicate brown on top, about thirty minutes.

This pie may be served plain with a square of American

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cheese, or with whipped cream, plain cream, or vanilla ice cream on top.

A saltspoon of cinnamon may also be added to the flavoring of the pie if it is liked.

Apple Sauce Pie

Make a good, rich, stiff apple sauce; strain and beat it quite light, adding to it one stiffly beaten egg white and a teaspoon of melted butter. Fill the crust lined pie plate with it and bake until the top crust is a delicate brown.

Old-Fashioned Apple Pie

Line the buttered pie plate with good pie crust, then fill the pie with carefully pared, cored, and sliced Spitzenburg apples. Dust over them a half cup of sugar and dot with little lumps of butter. Put in a cup a tablespoon of flour, a half teaspoon of ground ginger, and three quarters of a cup of molasses. Stir until all is smooth, then turn into the pie, put on the top crust, and bake in a medium oven. If the pie is inclined to run over, increase the heat and cook it quickly. Serve with the pie squares of good rich dairy cheese.

Apricot Pie

Line a pie plate with a good puff paste; pare, stone, and halve enough apricots to fill the dish. Sprinkle with sugar, then add three quarters of a cup of syrup taken from a jar of Canton ginger, with a piece of the ginger finely chopped through it. Mix a tablespoon of flour with the syrup; then pour all over the fruit. Put on the top crust and bake in a medium oven. Use a deep pie plate so the syrup will not run out in the oven.

Banana Custard Pie

Line a deep pie plate with good pie crust and dent the edge with the tines of a silver fork. Mash very fine two

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large ripe bananas, add to them one cup of sugar, one saltspoon of salt, the juice of a large juicy lemon, and two beaten eggs. Beat all until very light, then turn into the crust and bake. A méringue may be added if desired, made of the whites of two eggs, two tablespoons of powdered sugar, and a teaspoon of lemon juice.

Banana Mincemeat

Chop fine one pound of boiled beef, add one cup of butter, one cup of molasses, one cup orange marmalade, one cup of rose jelly, one cup stoned raisins, the grated rind and juice of one lemon, a teaspoon of salt, a cup and a half of brown sugar, a teaspoon each of cinnamon, cloves, and nutmeg, and one cup of vinegar. When ready to make the pies, use one cup of the mincemeat to one cup of finely chopped ripe banana.

Butterscotch Pie

Make this in a double cooker, so that it will not lump. Ingredients: One cup of white sugar and one cup of brown sugar, three tablespoons of butter; add the yolks of three eggs, four tablespoons of flour, one and one half cups of sweet milk, one and one half cups of water, one teaspoon of vanilla. Put this in a cooked pie crust; then take the whites that are left and make a méringue; brown lightly.

Blackberry Jelly Pie

Squeeze three boxes of ripe blackberries, after slightly warming them, and to each pint of juice add a pint of sugar; boil about twenty minutes, and when cool fill the pie three quarters full. The rest of the jelly may be put into glasses for future use. When the crust is done, remove the pie and let it cool; then spread the top with a good méringue, brown in the oven, and let it stand and get cold.

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Blueberry Pie

Wash and carefully pick over one quart of large blueberries. Put them into the crust lined pie plate with a cup and a half of sugar and three quarters of a cup of cold water. Put on the top crust and bake. Huckleberry pie is made in the same way. Mulberry pie is made in the same way only that a quarter of the amount of sugar is used, and the juice of a lemon is added to the water, which in this case is a quarter of a cup. Raspberry and blackcap pie is made the same as the blueberry, only using half the quantity of water.

Cherry Cream Pie

Line the pie plate with rich flaky crust. Open a quart jar of preserved cherries, strain them and heat the juice, adding to it a cup of cream; thicken slightly with cornstarch and when slightly cool fill in the cherries and turn over the cream; put on the top crust and bake. This is a very rich pie, and a good one if it is carefully made.

Deep Dish Cherry Pie

This is an old-fashioned recipe. Line a deep pie dish with good crust and fill with stoned cherries and a cup and a half of sugar. Make a lattice crust over the top and bake well. Serve hot.

Cocoanut Pie

Line a deep pie plate with good pie crust; over half of a grated cocoanut pour one pint of milk heated to boiling point, add two tablespoons of butter, a half cup of sugar, four well beaten eggs, and after pouring into the pie crust add a little dusting of nutmeg over the top. Bake the same length of time and test the same as is done with a custard pie.

Custard Pie

Beat into one quart of rich milk that has been warmed five eggs beaten with three tablespoons of sugar, flavor

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with a teaspoon of vanilla flavoring and a small grating of nutmeg. Turn into the pie crust and bake until the custard is set. This may be determined by sticking a silver knife into the custard. If it is done just right the knife will come out clean. Cooking usually takes about twenty to thirty minutes, according to the heat of the oven.

Frosted Custard Pie

Line the pie dish with good puff paste. Take one quart of rich milk and beat into it four eggs, a pinch of salt, a half cup of sugar, a teaspoon of vanilla flavoring, and a grating of nutmeg. Turn all into the crust and bake. When done and cold, frost the pie in the following way: Put a quarter of a cup of ice water in a bowl, add a saltspoon of cream of tartar, and stir in sufficient triple sugar to make an icing that will pour. Turn it evenly over the pie and set away to harden.

Damson Plum Pie

Take one quart of Damson plums, wash, prick with a needle, and stew in a pint of water with a pint of sugar. When stewed tender, cool, fill the crust lined pie plate with them, and bake until the crust is done. If the stones are removed twice the quantity of fruit must be used.

Dried Fruit Pies.

When fresh fruits are not available, dried fruits will be found very good to use in pie making. Only the best quality of dried fruit should be used. In making the pies, use deep pie plates and good homemade crust, but not necessarily puff paste.

Dried Apple Pie

Soak a half pound of dried apples overnight. In the morning, stew them until tender with four slices of lemon,

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two cloves, and a stick of cinnamon. When tender, add a cup and a half of sugar and let all stew down rather rich and thick. When cool, remove lemon and cinnamon, drain off a half cup of the syrup and add to it a teaspoon of ground ginger, a teaspoon of flour, and two teaspoons of molasses. Drain the apples and add them to the pie, then add the ginger mixture and as much of the syrup as the pie will hold; add the top crust and bake. Serve the pie hot, with a square of good dairy cheese on the side.

Dried Cherry Pie

Take one pound of dried cherries and soak them overnight. In the morning, stew them until they are tender, then add a cup and a half of sugar and cook down until the syrup is rich and heavy. When cool fill the pie with the cherries and as much juice as it will take, and put on the top crust. This pie is good hot or cold, served with cream.

Pear Pie

Take one pound of dried pears and soak them until they puff up; then put them on to stew with as little water as possible, watching them carefully lest they burn. When they are tender, add a cup of preserved Canton ginger and syrup, after chopping the ginger pieces small. Add a teaspoon of lemon juice, a little of the grated peel, and a half cup of sugar. When all is thoroughly mixed, let cool slightly and then fill the pie crust. Serve hot.

Prune Pie

Soak a pound of large prunes for a couple of hours, then stew them carefully. When the prunes are done, remove them from the liquid, and, to a cup or a little more of the juice, add a cup of sugar and a teaspoon of lemon juice; then boil to a thick syrup. While it boils, put in a stick of cinnamon. Remove the seeds from the prunes and chop

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them fine. After they are chopped, fill the pie crust, which has been baked like a tart shell, with the fruit and add enough syrup to make it the right consistency; then heap the top with whipped cream and it is ready to serve.

Raisin Pie

Take a cup and a half of large seeded raisins and let them stand in a cup of vanilla syrup for one hour. Add to the raisins a half cup of finely chopped pecan nuts, the crumbs of a dozen stale macaroons, juice of half a lemon, a quarter cup of melted butter, and one heaping teaspoon of flour mixed smooth in a little of the syrup. Pour mixture into crust, put on top crust, and bake until the crust is done.

Green Tomato Pie

To make the filling for this pie one must wash and chop four quarts of green tomatoes fine. Allow three pounds of brown sugar, the juice of two lemons, and the grated rind of one; a tablespoon of cinnamon, one of allspice, one of salt, a half teaspoon of cloves, and one grated nutmeg. Put all into a porcelain lined kettle and simmer gently one hour, or until reduced one half in bulk. Then add two pounds of seeded raisins, a cup of seeded and chopped prunes, and a cup of boiled cider. Cook down an hour and a half longer, until the mixture is thick; allow it to cool, then use as needed for pie filling.

Jewish Shallit

Line a deep pie plate with good crust. Put in a layer of chopped apple, a little grated lemon peel, bits of butter, and two tablespoons of thin vanilla syrup. Cover with another layer of pastry; put on top of this another layer of chopped apple with a half cup of seeded raisins, half a cup of chopped nut meats, the juice of half a lemon; dot with

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butter, and add three tablespoons vanilla syrup. Put on the top crust and seal it with the white of an egg. Butter the top and bake.

Princess Lemon Pie

Line a deep, well buttered pie plate with good puff paste, pressing the edge with the tines of a silver fork. For the filling use one cup of sugar, one cup of milk, four eggs, one tablespoon of flour, and one large lemon—juice and grated rind. Beat the yolks of the eggs and a cup of sugar together and add the lemon juice, beating it all thoroughly.

Mix the flour and the milk together as smoothly as possible and strain into the other mixture, then pour into the pie plate, baking it for thirty minutes. Beat the yolks of the eggs very stiff with two tablespoons of powdered sugar. When the pie is done spread the méringue over the top, place it in the oven, and brown it quickly. The pie may be served hot or cold, as desired, and either way it will be found particularly rich and of fine flavor.

Mince Pie

To one pint of good shaker mincemeat add two cups of finely chopped apples, a cup of large seeded raisins, a cup of strained honey, a wineglass of brandy, and two tablespoons of apricot cordial; mix all thoroughly. This amount of meat should fill two deep-dish pies.

There are several other brands of mincemeat, so one does not have to make it at home unless they wish to do so.

Mock Cherry Pie

Chop two cups of cranberries and one cup of seeded raisins, add two cupfuls of sugar and one of boiling water, one teaspoon of vanilla and two teaspoons of flour. Use a good pie crust and bake as usual.

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Orange Pie

Cream together three quarters of a cup of sugar and a scant tablespoon of butter. Beat together the yolks of three eggs with the white of one and add to the butter and sugar. Mix together the juice of one orange, half a lemon, a little of the grated peel, and a dash of nutmeg. Have ready a pie plate lined with good puff paste and turn in the mixture and bake. When done beat the whites of the eggs stiff with two tablespoons of powdered sugar, spread lightly over the pie, and brown a minute or two in the oven.

Fresh Pineapple Pie

Grate or chop one large sweet pineapple, add to it one cup of sugar, a quarter cup of butter, one cup of cream, and five beaten eggs. Pour the mixture into a good under crust, and when baked put a méringue on top.

Rhubarb Pie

Pare and dice two and a half cups of fresh rhubarb. Put in a saucepan and cover with cold water; let it come quickly to a boil, then stand at boiling point, for ten minutes. Drain. When cool fill the pie, adding one cup of sugar. This method removes all of the unpleasant and poisonous acid from the rhubarb.

Fresh Peach Pie

Line a deep pie plate with good rich crust and fill the pie with ripe cut peaches. Take a cup and a half of sugar and a half cup of water and put it into a saucepan with a spice bag and half a thinly sliced lemon; let the mixture melt, then slowly come to boiling point and boil five minutes; remove from the fire and let stand and cool. When cold remove the lemon and the spice bag and turn over the peaches, put on the top crust and bake. Serve hot with plain cream or cold with whipped cream.

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Pumpkin Pie

Cut in pieces one large pumpkin, pare, remove the seeds, and put to boil. When tender enough to mash, drain. Mash and add to the pulp a teaspoon of salt, a cup of molasses, a cup of sugar, a level tablespoon of ground ginger, a teaspoon of vanilla, and when cool, the beaten whites of three eggs and a cup of cream. This should be sufficient filling for two pies, or three if the pumpkin is a large one.

Washington Pie

Version No. 1—Cream two eggs with three tablespoons of butter and one cup of powdered sugar; when smooth, add alternately a half cup of milk and two small cups of flour. Beat thoroughly, then add one heaping teaspoon of baking powder. Bake in jelly tins and lay up with soft frosting in which a little orange marmalade has been beaten.

Version No. 2—Set a pint of milk to boil. Break two eggs into a dish, and add one cup of sugar and a half cup of flour. After beating vigorously, stir it into the hot milk as it comes to a boil. Add one ounce of butter and two teaspoons of vanilla; stir the mixture until it thickens. For the crust, use three eggs, one cup of sugar, one and a half cups of flour, a teaspoon of baking powder, and two tablespoons of milk. Mix thoroughly, then divide the batter into two equal parts and cook them in layer tins in a quick oven. When they are done and cool, split each with a sharp knife and lay them up with the cream, dusting the top with powdered sugar.

Version No. 3—Line a pie plate with good pie crust. Beat two egg yolks with a half cup of sugar and four grated apples; add a teaspoon of melted butter, a dash of salt, and a grating of nutmeg. Bake in the crust and when done put a méringue on the top and set it back in the oven just long enough to brown the méringue.

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Version No. 4—Take three quarters of a pound of butter and cream it with one and a half pounds of brown sugar; add six eggs, the yolks beaten with one pint of sweet milk. Sift in one and three quarter pounds of flour, two teaspoons of baking powder, and lastly fold in the stiffly beaten whites of the eggs. Have ready a half pound of currants washed and dried, a half pound of stoned raisins, a quarter pound of finely sliced citron, a grated nutmeg, and two teaspoons of vanilla flavoring; sprinkle the fruit with a little flour before adding it to the cake. Mix well and bake in a shallow square pan for an hour and three quarters. Cover the cake with a deep soft sugaring and ornament it with a border of little pink and white candies.

Version No. 5—Line a deep pie plate with good crust. Add to one and a half pints of milk three tablespoons of corn starch, one cup of sugar, two tablespoons of butter, a teaspoon of vanilla flavoring, and the rind of a lemon. Before adding the cornstarch, dissolve it in a little cold milk. When the milk has thickened slightly with the cornstarch, draw it aside and add the beaten egg yolks, butter, and flavoring. Pour the mixture at once into the pie crust, removing the lemon rind. Bake for twenty minutes, or until the crust is done. Remove from the oven, add a méringue, return to the oven and brown it; serve hot or cold.

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CAKES

THE making of good cake is a knack to be acquired only after much practice. In studying the rudiments of cake-making, the beginner should never attempt anything unusual until after she has learned to make perfect plain, pound, sponge, and raisin cakes.

Only the freshest eggs, best quality butter, rich sweet milk, the best pastry flours, pure baking powder, and filtered water should be used for cake making if best results are to be had.

Cake is best baked in a rising oven, where the heat gradually increases. The most important thing to be seen to, if baking by a coal oven, is the condition of the fire so that it will keep the oven at the right temperature. Gas and electric stoves can, of course, be more readily regulated, though in both the latter ovens a pan of water is generally put in during the cooking of cakes to keep the air moist. Cooks of wide experience agree that, after testing all modes of cooking, the gauze-door coal range is the ideal cake baker.

Pound Cake

Three quarters of a pound of butter and one pound of powdered sugar mixed together thoroughly; to this add the beaten yolks of ten eggs, and sift in one pound of flour, one half teaspoon of baking powder, and a pinch of salt; last of all fold in the whites of eight eggs. Bake in a medium oven for about one hour. The cake is baked in a shallow pan double as long as its width and lightly smeared with butter. The frosting is made of the remaining egg whites very stiffly

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beaten, allowing fifteen teaspoons of powdered sugar and the juice of half a lemon. Beat the egg until very stiff, then add the sugar, beating in a teaspoon at a time, last the lemon juice, and then spread smoothly over the warm cake with a broad-bladed knife which is dipped occasionally in cold water. A soft-boiled frosting may be used if it is better liked.

Sponge Cake

Break one dozen eggs, without separating, into a large mixing bowl, add to them two cups of powdered sugar, set the bowl in a pan of boiling water, and keep near the front of the range so that the temperature may be kept at boiling point; beat with an egg beater for half an hour without stopping, remove from the range, and stir in one cup of sifted flour and the grated rind and juice of one lemon; pour in well buttered chimney pan, bake in a medium oven half an hour or less, testing with a broom splint. When done invert the pan and let cool before removing the cake. This also may be frosted.

Solid Chocolate Cake

One cup of sugar and half a cup of butter creamed together; add two eggs, a half a cup of milk, two teaspoons of baking powder, and flour enough to make a stiff batter. While beating this batter smooth put over the fire in a clean saucepan one cup of sugar, the yolks of two eggs, a half cup of Baker's chocolate, grated, and a half cup of milk. After it has boiled smooth for five minutes set it aside and slightly cool; then stir it into the thick batter, beat and turn into a shallow buttered pan, and bake in a medium oven; or part of the dough may be put into the fancy shaped pans and that in the large pan cut into small squares, then iced or split, spread with marmalade, then cut into small jelly sandwiches and iced.

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Spanish Cake

Beat one pound of butter and one pound of sugar to a cream, add slowly the stiffly beaten yolks of eight eggs. Sift in one pound of flour, two teaspoons of baking powder, and a pinch of salt. Stir in one cup of milk, and when all is beaten smooth, fold in the eight egg whites beaten stiffly. Flavor with rose flavoring and bake in carefully greased chimney pans.

Fruit Cake

Nine eggs, three quarters of a pound of butter, one pound of sugar, one half cup of molasses, one pound of flour and one dessertspoon of vanilla. Beat the whites and yolks of the eggs separately. Grate in one nutmeg, add a teaspoon of ground cloves, a pinch of mace, one teaspoon of baking powder, one cup of milk, one pound of stoned raisins, one pound of well washed currants, and a half pound of sliced citron. The mixture must be thoroughly stirred, and if it seems a little too thin, then add a small quantity of flour. Bake in well buttered tins for three hours, try with a broom splint, and invert the pans to cool the cake.

Marble Cake

For the light part of the cake use three cups of sugar, two thirds of a cup of butter, one cup of sour cream, four cups of flour, a teaspoon of baking powder, and the stiffly beaten whites of four eggs. For the dark part use two level cups of brown sugar, one cup of molasses, two thirds of a cup of butter, one cup of milk, four cups of flour, one teaspoon baking powder, and the yolks of six eggs; add one half tablespoon each of ground cloves, ginger, cinnamon, allspice, and one grated nutmeg. Next add a few drops of lemon and bitter almond flavoring. Lightly butter a large shallow baking tin, pouring in the cake in alternate layers, dark and light, and bake them one hour, testing with broom splint. Use the remaining egg whites for frosting.

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Silver Cake

Mix one cup of butter and two cups of sugar to a cream, then add the whites of four eggs well beaten and stir for twenty minutes, then add a cup of milk, two cups of sifted flour, and lastly one cup of flour mixed with one and a half teaspoons of baking powder. Flavor with vanilla and bake.

Angel Cake

Whip the whites of twelve eggs to a firm stiff froth, sift in gradually one and a half cups of granulated sugar, then one cup of flour which has been sifted four times, and one level teaspoon of baking powder. Add also two teaspoons of vanilla flavoring and, after quickly mixing, turn the dough into an ungreased chimney pan and bake forty minutes in a steady, moderate oven. When baked, invert the pan over a plate, resting its edges on two small cups. As the cake cools, it will become detached from the pan.

Honey Cake

Mix half a cupful of sugar with a cupful of rich sour cream, sift into it two cups of flour, stir well, add half a teaspoon of bicarbonate of soda and enough honey to flavor it well; beat all together, pour in buttered tin, and bake from half to three quarters of an hour and serve warm.

Almond Cake

Blanch and pound one half a pound of sweet almonds to a paste; separate the whites from the yolks of six eggs, beat the yolks with the almonds, stir in eight tablespoons of sugar, grated rind of one lemon, three ounces of butter that has been beaten to a cream, mix well, and add the beaten whites of the eggs; put in a well buttered chimney pan and bake from one and a half to one and three quarters of an hour; invert the pan on a cake plate and when it cools the cake will come out on the plate.

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Tea Cake

Mix a quarter of a pound of flour with a quarter of a pound of arrowroot, add a small cupful of sugar, a quarter pound of butter, one ounce of candied orange peel cut fine, and two well beaten eggs; heat the mixture for ten minutes then bake in a buttered paper lined cake tin for one hour to one hour and a quarter. When cold it may be put away in a cake closet, and it is one of the best keeping cakes known.

Queen Cakes

Work a half pound of butter to a cream, sift in a pound of flour, one cupful of sugar, half a pound of currants, and mix well, whisk three eggs and add them to a teacup of cream, and the vanilla flavoring; add one teaspoon of bicarbonate of soda, beat well, and put in small buttered pans and bake twenty minutes to a half hour.

Washington Cake

Rub together two cups of butter and three cups of sugar until light and creamy; add five well beaten eggs gradually, then one cup of milk and four cups of carefully sifted flour with two teaspoons of baking powder. Next add one cup of stoned raisins, a half cup of well-washed currants, a quarter of a cup of chopped citron, and one teaspoon each of extract of nutmeg and cinnamon. Beat into a smooth medium batter, then turn into a shallow square pan. Bake one hour and a half in a quick, steady oven. When cold, cover with a rich soft vanilla frosting.

Blueberry Cake

Beat two cups of sugar and half a cup of butter to a cream, add the well beaten yolks of four eggs, half a teaspoon of salt, half a cup of milk, one teaspoon grated nutmeg, half a teaspoon of cinnamon, and two cups of flour, sifted,

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with two teaspoons of baking powder. Beat the mixture well, then add the beaten whites of the eggs. Have ready, washed and carefully picked over, one quart of blueberries; dust them lightly with flour, and fold them into the cake. Grease the cake pans (shallow ones are best), and pour in the cake about an inch thick; dust the top with sugar and bake slowly half an hour or more, if needed.

Dutch Breadfruit Cake

Beat the yolks of twelve eggs with one half pound of sugar, beating for half an hour; add a half pound of sweet almonds that have been blanched and mashed fine, a half pound of black bread that has been grated and moistened in a little thin vanilla syrup; add also a teaspoon of cinnamon, a half teaspoon of grated nutmeg, a quarter pound of finely chopped citron, and the beaten egg whites. Mix all very smooth and bake the dough in a slow oven.

Jelly Sponge

Bake a sponge cake in a deep square pan. When cold cut off the end and hollow out the inside like a box. The pieces that are cut out may be used at luncheon with sliced fruit. Make a good lemon or wine jelly, and when it begins to cool add a bottle each (small size) of green and red maraschino cherries, turn into the cake, and place in a cool ice chamber to set. Have ready a pint of whipped cream, to which add a little sugar, a few drops of vanilla, and a teaspoon of finely chopped nuts. Heap this on top of the jelly. Garnish with a few strips of angelica and serve.

One-Two-Three-Four Cake

One cup of butter, two of sugar creamed together, add the yolks of four eggs and one cup of milk, and sift in three cups of flour, a half saltspoon of salt, and two level teaspoons of baking powder. Beat the cake thoroughly,

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add two teaspoons of vanilla, pour in well greased pans and bake. If desired a cup of seeded raisins, a half cup of chopped citron, and a half cup of well washed currants may be lightly floured and added to the batter. Bake for thirty-five minutes.

Ohio Fruit Cake

One pound of seeded raisins, one pound of washed currants, one quarter of a pound of thinly sliced citron, one pound of brown sugar, one cup of butter, four well beaten eggs, one cup of sour milk, four cups of flour that has been sifted three times, one grated nutmeg, one tablespoon of cinnamon, and a dessertspoon of cloves; beat these ingredients thoroughly into a smooth dough and lastly add one dessertspoon of baking soda. Do not mix the soda with milk but sift it in dry. Turn the dough into a well buttered chimney pan and bake in a brisk oven until done, testing the cake with a straw.

Old-Fashioned Plum Cake

Take six pounds of currants, five pounds of flour, an ounce of cloves and mace, a little cinnamon, half an ounce of nutmegs, half a pound of pounded and blanched almonds, a half a pound of sugar, three quarters of a pound of sliced citron, lemon and orange peel, half a pint of sack, a little honey-water, a quart of ale-yeast, a quart of cream, a pound and a half of butter melted and poured into the middle thereof; then strew a little flour thereon, and let it lie to rise; then work it well together and lay it before the fire to rise; work it up until it is very smooth; put it in a hoop, with a paper floured at the bottom.

LAYER CAKES

Cuban Orange Layer Cake

Rub together one cup of sugar, four tablespoons of butter, add a teaspoon of salt, one beaten egg, one cup of

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water and sift two level teaspoons of baking powder with two cups of flour into the mixture. Beat until smooth and bake in layer pans. For the filling boil one half cup of sugar in the juice of an orange. Dissolve one heaping teaspoon of corn starch in two tablespoons of cold water, add the beaten yolk of one egg, add this to the boiling syrup stirring constantly until thick. Remove from the fire and spread between the layers of cake. Frost with a good soft frosting if desired.

Imported Viennese " Chocolate Schnutten "

Cream together one half pound of butter and one half pound of sugar. Add the yolks of sixteen eggs, two and one half ounces of grated almonds, two and one half ounces of browned bread crumbs, two and one half ounces of sifted flour, the soft center of half a vanilla bean one fourth cake of sweet chocolate, grated; and lastly, the whites of the sixteen eggs, stiffly beaten. Bake in shallow, lightly buttered pans, in a moderate oven, for from twenty to twenty-five minutes, and when done, invert over plates to cool. When cold, cut into two-and-one-half-inch squares. Split the squares with a sharp knife into two layers, spread the under layer with the filling and the upper layer with the glazing.

For the filling use one half pound of butter and one half cake of grated sweet chocolate, melted and beaten together till smooth and creamy.

For the glazing, to one fourth cake of sweet chocolate, grated, add one half cup of sugar and one-fourth cup of water. Let this boil up well, then beat until cool and creamy and spread lightly over the cake.

The quantity given in this recipe will make three ordinary eight-inch-square cakes.

Lady Baltimore Cake

Take one cup of butter and cream it with two cups of sugar, add three and a half cups of flour sifted with two level

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teaspoons of baking powder, add also one cup of sweet milk, a teaspoon of rose water, and lastly fold in the stiffly beaten whites of six eggs. Bake in three layer cake tins. While baking prepare the following filling:

Dissolve three cups of sugar in one cup of water, cooking until it spins a thread, then pour it over the stiffly beaten whites of three eggs, stirring constantly. Add to the filling one cup of chopped pecan nuts and six or eight figs cut in fine strips.

Lay up the cake, when done, with the filling, then ice it on top and sides with white frosting.

Cocoanut Cake

Make the layers for the cake after the one-two-three-four cake recipe. One cup of butter, two of sugar, three of flour, and four eggs. Of course the egg whites are beaten separately and folded in after the other ingredients are well beaten, and enough sweet milk added to make the dough the right consistency; a heaping teaspoon of baking powder is sifted in with the flour, and last of all two teaspoons of vanilla are added before turning the batter into the well buttered pans. The filling is made of fresh cocoanut. Grate the meat of one fresh sweet cocoanut. Melt one cup of sugar with a half cup of water and let it boil for four minutes; have ready the beaten whites of two eggs, beat the syrup into the eggs very lightly, then add a cup and a half of the cocoanut, beat well, and lay up the cake, covering the top with the filling, then sprinkling all with some of the fresh cocoanut.

Plain Layer Cake

Put one cup of sugar, a half cup of butter, and the yolks of three eggs into the mixing bowl and beat thoroughly, adding two teaspoons of vanilla flavoring. Sift two and a half cups of flour with two and a half teaspoons of baking powder, and alternately sift into the mixture with a cup of water. Mix thoroughly and beat for five minutes; then fold

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in the whites of the eggs that have been beaten very stiff. Bake in three layers, in a moderate oven, for half an hour or a little less. Any filling desired may be used to lay the cake up with.

Plain Layer Cake Made with Oil

Put one cup of sugar, the yolks of three eggs, and a half cup of any good vegetable oil into a mixing bowl and beat thoroughly; add one teaspoon of vanilla flavoring, sift in two and a half cups of flour with two and a half teaspoons of baking powder, adding it to the cake alternately with one cup of water. Beat all together for five minutes, then fold in the whites of the three eggs well beaten. Bake in three layers for twenty minutes. Lay up with any filling or icing desired. If a few drops of the oil are added to the soft frosting it will keep it in perfect condition for several days.

Layer Cake, Soft Frosting

In laying up a cake with soft frosting, each layer may be sprinkled with powdered pistachio nuts. To make it especially pretty for a festival occasion, the top may be decorated with candied mint and rose leaves.

CAKE FILLINGS AND ICINGS

Filling for Chocolate Layer Cake

One half cake chocolate grated and dissolved in a small cup of milk; let it come to boiling point, then add three quarters of a cup of sugar, a half teaspoon of butter, a half saltspoon of salt, and a teaspoon of vanilla flavoring. Boil for three minutes, when it is ready for use.

Lemon Filling

The grated rind and juice of one lemon, one cup of sugar, and one egg, beat thoroughly and boil in double boiler until cooked, from six to ten minutes.

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Filling for Minnehaha Cake

A cup and a half of sugar and three quarters of a cup of water, cook until it spins a thread; turn onto a cold plate, beat for three minutes, then add the stiffly beaten whites of two eggs, a half a cup of chopped walnuts, a half a cup of finely chopped raisins, one finely chopped strip of candied lemon peel, and a teaspoon of vanilla flavoring. Beat thoroughly and lay up the cake.

Marshmallow Filling

The marshmallow whip comes ready prepared to lay up the cake with and is much easier to use than the old way of making this troublesome filling. The whip may be flavored with maple or any other flavoring liked which lessens its rather cloying sweetness.

Almond Icing

Equal quantity of ground almonds and icing sugar,—about one half pound of each,—sufficient yolk of egg to make into a stiff paste, and work well together. The yolks should be beaten with a wooden spoon, the paste worked with the hand, kept very smooth and not too soft. Straighten the top of the cake, brush it over with white of egg, and then put on the icing, which should be made the same size as the cake. Decorate with burnt almonds.

Water Icing

Use two cups of confectioner's sugar, adding the grated rind of one lemon, a tablespoon of lemon juice, and two tablespoons of boiling water; stir until smooth, then spread upon the cake.

Royal Icing

Take one cup of icing sugar, the stiffly beaten white of an egg, and a teaspoon of lemon juice, work well together

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with a wooden spoon. Spread with a knife on as many layers as are required. This frosting takes a day to dry. It may be decorated with any sort of nuts or other decorations, or colored with any of the delicate harmless colorings.

Maple Sugar Icing

Boil a half pound of broken maple sugar with a quarter of a cup of water until dissolved and thick enough to rope when dropped from the spoon. Pour the syrup gradually over the whipped white of two eggs and beat until thick enough to spread.

Boiled Icing

Boil one cup of granulated sugar with a half a cup of water until it ropes from the spoon; pour gradually over the stiffly beaten whites of two eggs, beat for five minutes, add one teaspoon of vanilla flavoring, and use at once.

Mocha Filling

Put into a saucepan the yolks of eight eggs and a half a pound of sugar, beat well together, then add a half pint of very strong coffee and a half pint of boiling milk. Set the saucepan over the fire and stir continually with a small whip as the liquid slowly comes to boiling point. Do not allow it to boil, but remove it from the fire and let it stand until cold. Put eight tablespoons of butter in a hot saucepan and soften it sufficiently to be able to work it to a cream; when it is creamed pour the coffee mixture into it, beating all well together vigorously with a whip, when it will be ready to use.

SMALL CAKES

Peanut Cookies

Mix two tablespoons of butter with a quarter of a cup of sugar, add one beaten egg, one half cup of flour sifted with a

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half teaspoon of baking powder, two tablespoons of milk, one third teaspoon of salt, one half cup of chopped peanuts, one teaspoon of vanilla, and a grating of nutmeg. Mix all carefully together, then drop from the spoon onto an unbuttered tin, leaving more than an inch between the cookies.

Jumbles

One cup of butter, one pint of flour, one and a quarter cups of powdered sugar, two tablespoons of sherry, one teaspoon of vanilla, and three eggs. Beat the butter to a cream, add the sugar gradually, beating until very light; beat the eggs together, add to the butter and sugar, add sherry and vanilla and last the sifted flour. Beat well and drop by the teaspoon on a baking pan; bake in a moderate oven until the edges are a delicate brown.

Up-Side-Downie Cakes

Mix one cup of sugar with one and a half cups of sifted flour, one heaping teaspoon of baking powder, the whites of two eggs, a half cup of melted butter, and a half a cup of sweet cream. Beat all in a mixing bowl for five minutes, adding a teaspoon of vanilla. Bake in buttered muffin pans.

Nut Wafers

Take one half pound of brown sugar and mix with it a half pound of chopped pecan nuts, two level tablespoons of flour, a half teaspoon of baking powder, a third teaspoon of salt, two beaten eggs, a little grated nutmeg, and a teaspoon of vanilla flavoring. Mix thoroughly and drop by small spoonfuls on buttered tins; bake in a quick oven.

Puff Balls

Add to three beaten eggs one cup of sugar, a pint of milk, a half teaspoon of salt, one teaspoon of vanilla, and two

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heaping teaspoons of baking powder sifted with two cups of flour. Beat thoroughly, adding a little more flour to make a thick batter which will hold the spoon upright. Drop by small spoonfuls into hot fat and fry a delicate brown. When done drain, dust with powdered sugar, and when cold pack away in a stone crock to use as needed.

Midgets

To three eggs, one cup of butter, and one and a half cups of sugar mixed together smoothly, add one cup of seeded and chopped raisins, a little finely chopped citron, a teaspoon each of cloves, allspice, and cinnamon, and sufficient flour to make them firm enough to roll. Cut in tiny odd shapes with fancy cookie cutter and bake. These may be frosted with pistachio frosting and dusted with powdered walnuts.

Walnut Kisses

Beat the whites of six eggs stiff; add one pound of finely sifted powdered sugar, two tablespoons of flour, and one pound of chopped walnut meats. Add a little vanilla flavoring and mix all well together. Drop in teaspoons on a well buttered pan and bake in a moderate oven.

Victoria Sandwiches

Beat to a cream the yolks of four eggs and add their weight in sugar, butter, and flour; when creamy add the well beaten whites of the eggs; butter a shallow baking pan, and pour in the batter. Bake in a moderate oven for twenty minutes. Let cool, then spread one half of the cake with preserves, lay the other half over it, and cut into small sandwiches.

Cocoanut Drops

Two cups of freshly grated cocoanut, one cup of sugar, one tablespoon of flour, the stiffly beaten white of one

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egg. Mix all together, adding a half teaspoon of vanilla; drop by the spoonful on buttered paper, sift a little sugar over them, and bake fifteen minutes in a slow oven.

Jolly Boys

Sift carefully two and a half heaping tablespoons of yellow cornmeal, two heaping tablespoons of flour, one tablespoon of sugar, a saltspoon of salt, and a teaspoon of baking powder; add one beaten egg to the mixture and then enough sweet milk to make a drop batter; stir in quickly one teaspoon of melted butter, beat well, and drop by teaspoons in hot fat. When they are a delicate brown serve in a napkin.

Macaroons

Take one half pound of almond paste, nine ounces of powdered sugar, the stiffly beaten whites of three eggs, a half teaspoon of vanilla, and one tablespoon of sifted flour; mix all thoroughly and drop onto a clean, ungreased baking pan. Bake a delicate brown.

Snippi Doodles

Cream together one cup of sugar and a tablespoon of butter, then add one cup of flour, a teaspoon of baking powder, and a teaspoon of ground cinnamon; mix well and add one beaten egg and half a cup of milk. Spread very thin on a buttered baking sheet. When nearly done sprinkle the surface with sugar and when brown remove from the oven, cut into squares, and remove quickly with a knife. These are thin crisp cookies and unusually good.

Fruit Pinwheel

Rub through a sieve one pint of flour, a tablespoon of sugar, half saltspoon of salt, and two teaspoons of baking powder. Into this rub two generous tablespoons of butter

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and mix thoroughly with a half pint of milk. Flour the board and roll the dough out into a large square half an inch in thickness, spread a heaping tablespoon of soft butter on top of this, and sift over it a cup of sugar and a cup of well washed currants; grate a little nutmeg over the top. Cut and fold back the points to form a pinwheel, just as kindergarten children do, and bake on a well greased baking tin twelve to fifteen minutes in a brisk oven.

Cookies

Three quarters of a cup of butter and a quarter of a cup of lard, two cups of sugar and five cups of flour rubbed well together, a teaspoon of baking powder, two eggs, and a half cup of milk. Mix all well, roll thin, and bake quickly.

Austrian Apple Cake

To one cup of sugar add a quarter of a cup of butter and the yolks of three eggs, beat to a cream, then add one and a half cups of flour, two teaspoons of baking powder, and a cup of milk. Mix thoroughly, then add the stiffly beaten whites of the eggs. Pour into a shallow, greased pan and cover the top with very thinly sliced and quartered apples, sprinkling all with cinnamon and sugar mixed together.

Apple Cheesecakes

Pare, core, and boil sufficient apples to make a half pound when cooked; add to this pulp a quarter pound of sugar, a quarter pound of melted butter, four eggs, leaving out the whites of two, and the rind and juice of one lemon. Stir the mixture well, line patty pans with puff paste and fill them, and bake about twenty minutes.

For some of the little cakes, pound cake, silver cake, sponge cake, and solid chocolate cake dough is used, varying them with different tinted fancy frostings garnished with

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split blanched almonds, chopped almonds, almonds rolled in jelly, almonds wrapped in seeded half raisins, strips of angelica, sweet seeds, chopped currants, preserved cherries, candied pineapple, grated lemon peel, tiny silvered candied hearts, candy mites, and candied mint, violet, and rose leaves. These various garnishes are pressed into the frosting while it is still soft, then as it hardens they stiffen into place and are not easily dislodged.

The colorings used are the French Breton make, purely vegetable and harmless. Green, pink, violet, and yellow will be found quite satisfactory, and with chocolate and vanilla the cook has six different color combinations.

The "Doed-Koecks" of Dutch Origin

Weird funeral souvenirs of Dutch origin were called "Doed-Koecks" or "dead cakes." With a small bottle of wine and a pair of gloves, two of these were sent by way of invitation to relatives and friends whom one wanted to attend the funeral.

The original recipe for these cakes, which is said to be authentic, called for fourteen pounds of flour, six pounds of sugar, five pounds of butter, one quart of water, two teaspoons of pearl ash, two tablespoons of salt, and one ounce of caraway seed. These were baked in four-inch squares, then frosted and marked with the initials of the "departed friend." Sometimes they were eaten at the funeral dinner, but usually they were taken away, like wedding cakes, as souvenirs.

Many bakers made a specialty of "funeral cookery," one baker in Philadelphia advertising the specialty as recently as 1748.

Simnel Cake for Lent

The simnel cake is sacred to mid-Lent Sunday, as is the pancake to Shrove Tuesday and the hot cross bun to Good

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Friday. For the devout people who keep Lent in the orthodox way this famous old recipe may be of interest.

Take one pound of butter, three quarters of a pound of sugar, whites of six eggs beaten stiff, six yolks beaten in a little water, one and a half pounds of flour, currants, citron, grated peel, chopped nuts, spices and two ounces of orange sugar, a wineglass of brandy, and mix all together well. Place in a well floured cloth, plunge into boiling water, and boil three hours. Remove cloth and place on a well buttered tin, brush over with egg, and bake in a slow oven until the crust is hard and a light brown.

DOUGHNUTS

Grandmother's Crullers

Two cups of sugar, one cup of sweet milk, three eggs, a lump of butter the size of a walnut, a grating of nutmeg, one round teaspoon of cream tartar, and three quarters of a teaspoon of soda. Knead quite soft and roll the usual thickness, cook in deep fat, and sprinkle with powdered sugar. When cold pack away in a stone crock.

Crullers

Two cups of sugar, one cup of sweet milk, three eggs, teaspoon of butter, grating of nutmeg, a round teaspoon of cream of tartar, three quarters of a teaspoon of soda; mix, knead quite soft, roll out to half-inch thickness, cut, and drop in deep, hot fat; when done dust lightly with powdered sugar.

Raised Jelly Doughnuts

Make a sponge of one pint of milk, three quarters of a cup of butter, three quarters of a yeast cake dissolved in a cup of cold water; sift in enough flour to make a batter that can be stirred with a spoon, and add three quarters of a cup of sugar. When this has risen, say four or five hours, add

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three cups of sugar, four eggs, a grating of nutmeg, a teaspoon of vanilla flavoring; add a little flour if necessary, turn onto the floured board, roll, and cut into rounds. Let them rise from twenty minutes to half an hour, setting the board where it is a little warm; fry in hot fat; when cool enough to handle, make a little opening at the side with a sharp knife and tuck in a teaspoon of currant, blackberry, or quince jelly. Roll in powdered sugar and stow away in a crock.

Nut Doughnuts

Rub one cup of granulated sugar with two tablespoons of melted butter, when smooth add three well beaten eggs, two cups of milk, a teaspoon of salt, a teaspoon of vanilla, and sift in five cups of flour to which two heaping teaspoons of baking powder have been added. When all is mixed stir in a cupful of chopped nuts, of any kind liked, roll out, cut, and fry in deep lard.

MOLASSES DAINTIES

Gingerbread

A pound and a half of flour takes up one pound of treacle, almost as much sugar, an ounce of ground ginger, two ounces caraway, four ounces citron and candied lemon peel, the yolks of four eggs; cut your sweetmeats, mix all, and bake in large plates. A recipe popular in 1724.

Honeycomb Gingerbread

Mix together a heaping cup of flour, a half pound of brown sugar, a quarter pound of soft butter, one dessertspoon of allspice, and two dessertspoons of ground ginger. Add the grated peel of half a lemon and the whole of the juice. Mix the ingredients thoroughly, then pour in a cup

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of New Orleans molasses; beat all well, then spread thinly on shallow buttered pans. Bake in rather a slow oven and watch carefully. When done, remove from the oven and, with a sharp knife, cut into four-inch squares, rolling each piece around the fingers as it is raised from the pan.

Soft Molasses Cookies

Put one cup of molasses into a mixing bowl, then sift in one tablespoon of ground ginger, two tablespoons of warm milk, one third of a cup of warm soft butter, one teaspoon of baking soda, and enough flour to make a soft dough, just firm enough to roll out half an inch thick. Cut with a round or fancy cutter and bake in a brisk oven.

Maple Ginger Cake

Mix a half cup of butter with a cup of sugar, add a half cup of milk, two beaten eggs, one cup of New Orleans molasses, one tablespoon of ground ginger, a teaspoon of allspice, one and a half teaspoons of baking powder, and two cups of flour. Mix thoroughly and bake in square, shallow pans. When done, lay the cakes up with a well made maple icing between the layers. If the cake layer is too thick, it may be easily split after it is slightly cool. Half candied cherries may be set into the icing on top, by way of decoration.

Spice Cakes

Beat the yolks of three eggs with one cup of molasses, add a half cup of butter, a half cup of milk, three cups of flour, a pinch of salt, two teaspoons of baking powder, a dessert-spoon of vanilla, and a teaspoon each of cinnamon, cloves, and allspice, with a generous grating of nutmeg. Bake in fancy patty pans and frost with chocolate, marshmallow, or pistachio icing. If desired, a teaspoon of ground ginger may be added to the cakes, though this is a matter of taste.

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Farmers' Fruit Cake

Take one cup of dried apples, chop them, and soak them overnight. In the morning let them simmer for two hours in a cup of New Orleans molasses, then set aside to get slightly cool. Take one cup of sugar, a third of a cup of butter, a half cup of sour milk in which a teaspoon of baking soda has been dissolved, two teaspoons of ground cinnamon and one of cloves, two beaten eggs, and two cups of finely sifted flour. Mix all well and add the apple and molasses. Bake in well buttered square pans.

Honey and Sour Milk Gingerbread

Blend together one cup of honey, a half a cup of butter, heat, and just before they reach boiling point, remove from fire. Allow the mixture to cool slightly, then add a half a cup of sour milk, two well beaten eggs, a half teaspoon of cinnamon, the same of ginger and salt, and one and three quarters teaspoons of soda. Bake in a shallow buttered pan and when cool, ice thinly.

Mexican Cake

Turn one cup of molasses into a mixing bowl with two tablespoons of melted butter, one cup of boiling water, one teaspoon of baking soda dissolved in a little boiling water, one heaping tablespoon of ground ginger, and three cups of sifted flour. Turn into buttered layer cake pans and bake. Have ready, when the cakes are done, a lemon filling made after this recipe: two cups of sugar, the grated rind of two lemons and the strained juice; two tablespoons of flour mixed with cold water, one tablespoon of melted butter, one cup of boiling water. After thoroughly mixing, add the beaten whites of two eggs and cook all together in a double boiler until thickened. Let cool slightly before laying up the cake, then frost the top with a soft frosting

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flavored with lemon, and decorate the top of the cake with candied kumquats, cut in halves or slices.

Crisp Ginger Snaps

Boil together one cup of molasses, two tablespoons of lard, one tablespoon ground ginger, one teaspoon soda, a pinch of salt; when blended add enough flour to roll out thin, cut in fancy shapes, and bake quickly.

Gingerbread

To make gingerbread take one cupful of butter, one cupful of brown sugar, one cup of sour cream, one cup of molasses, four eggs, four cups of flour, a teaspoon of salt, two teaspoons of yellow ginger, and one teaspoon of soda dissolved in warm water. Mix thoroughly and bake in shallow, well buttered tins.

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HOME-MADE ICE CREAMS

With the many ice cream freezers that there are now on the market, including the electric, the vacuum, and the so-called five-minute freezers, cream making at home with reliable recipes is an easy matter.

A canvas bag with a wooden mallet comes especially for the preparing of the ice packing, while the rock salt is also conveniently bagged. One rule that has to be followed in caring for all freezers is that they must be kept absolutely clean, being thoroughly washed and dried after using in the sun or over a stove grating if they are of metal, so there is no possibility of rusting or corroding in any of their parts.

The propelling apparatus of these new freezers require the same care that one would give any good machine, keeping them clean and properly oiled to do the most effective work.

All ingredients for successful cream making must be of the very best quality; fresh eggs, sweet milk and cream, ripe but firm fruit carefully washed, the best cordials or liquors, fine grated sugar, the best syrups and flavorings—they only will give the best results.

Remember in flavoring cream that the freezing flattens it, so a little more is needed than one would use in a custard or in a dish that is simply to be chilled, to give it the right flavor.

If the cream is to be molded or simply left to ripen, and the dasher has to be removed for the purpose, great care must be taken in opening the freezer lest any salt should get in, in fact it is always safer to cover the top of the freezer with a square of asbestos paper thus insuring safety for the contents before putting on the cover.

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After the cream has been molded in square tins or fancy shapes and when it is time to be served, invert the mold over the dish; if the cream clings persistently to the mold, wring a heavy clean cloth out of hot water and bind it around the mold for a couple of minutes; then the cream will slip out quite easily; but do not allow the cloth to remain long enough to melt the cream perceptibly.

In cooking any of the recipes containing milk, exquisite care must be taken that not the slightest scorching should occur to taint the mixture. For this reason it is safer to use an enamel or porcelain lined double boiler for this purpose, keeping it for this use only if many creams are made.

For frozen fruits whipped cream is best to serve so as not to have any conflicting flavors. Fresh strawberries dipped in powdered sugar and placed around the edge of the cream on a dish make a very good arrangement, decorative and good to eat as well.

Sherbets and mousses, ices and frozen custards are usually served plain, as sauce would make them too thin. Small cakes, however, are offered with them.

Harmless coloring fluids add much to decorative color schemes for extra occasions if properly used.

It is said that Dolly Madison was the first to introduce the custom of serving ice cream at the White House functions.

Vanilla Cream to Use with a Sauce

A quart and a pint of rich cream and one pint of rich milk with one pound of sugar and a dessert spoon of the best vanilla flavoring, should be carefully mixed and turned into the freezer and frozen hard. When ready to serve the following sauce is turned over it: Wash, hull, and halve a quart of fresh, ripe strawberries. Take a cup and a half of sugar, turn into it a half cup of boiling water and when melted and hot turn over the berries; let them stand in a warm place or in the sun, stirring every few minutes for two hours, then set away to chill until needed.

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Chocolate Ice Cream

Dissolve six ounces of grated chocolate in a small quantity of milk and work to a smooth paste; add three pints of cream, twelve ounces of sugar, and four whole eggs. Place all in a double boiler and stir until it begins to thicken, then strain through a sieve and place in the freezer. A teaspoon of vanilla flavoring will help bring out the flavor of the chocolate.

Biscuit Glacé

Mix with one and a half pints of cream twelve ounces of sugar, the yolks of eight eggs, and two teaspoons of vanilla. Turn into a double boiler and cook until it begins to thicken, strain through a sieve into the freezer, freeze ten minutes, then open and add the whites of two eggs beaten stiff with a little powdered sugar and a quarter of a pound of stale macaroons that have been rolled into crumbs, two more teaspoons of vanilla, re-cover, and finish freezing. A gill of sherry may be added at this time, but it is not necessary.

Tutti Frutti

Add to one pint of milk two cups of sugar, two eggs, a tablespoon of sifted flour, two tablespoons of gelatine powder soaked in a little cold water, mix thoroughly, and let them come to a boil. Cook until they reach the right consistency, between fifteen and twenty minutes, then add the gelatine; when smooth and cool, add one quart of cream, put in the freezer, freeze ten minutes, then add the fruit, a cup of candied cherries, a little grated pineapple, six chopped candied marrons, a little angelica, a dozen seeded and finely chopped raisins and a few powdered pistachio nuts, one wineglass of apricot cordial; then cover the freezer again and finish freezing.

Pineapple Ice Cream

Grate or chop very fine one large sugarloaf pineapple, add to it two and a half cups of sugar, let stand a couple of hours,

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stirring every once in awhile, then strain and squeeze through a jelly bag, setting aside two heaping tablespoons of the fruit first to add to the cream. Add a quart of cream to the liquid and one pint of rich milk, pour into the freezer and freeze ten minutes, then add the pineapple, re-cover, and finish freezing.

French Frozen Custard

Make a rich custard with the yolks of six eggs, a quart of rich milk, pinch of salt, three quarters of a cup of sugar, and boil in double boiler until the custard is the right consistency. Let it cool, then add a pint of heavy cream, the whites of four of the eggs beaten until stiff with three tablespoons of powdered sugar, and add them to the custard with a tablespoon of the best vanilla flavoring. Stir all into the freezer and freeze. This will make three pints of cream, or enough to serve ten people with one portion each.

Frozen Custard

Dissolve two teaspoons of powdered gelatine in two cups of milk; beat three tablespoons of sugar with the yolks of two eggs until light, then add it slowly to the milk. Cook in a double boiler, stirring but one way, until it thickens. Remove from the fire and cool; when cold fold in the stiffly beaten whites of the eggs, a tablespoon of vanilla, and pour into the freezer and freeze. Serve with macaroons, lady-fingers, or white cake.

Caramel Ice Cream

Melt one cup of white sugar in an iron frying pan. Boil one quart of milk with a stick of cinnamon and pour it over the beaten yolks of six eggs, then add the caramel, and, when cool, turn the mixture into the freezer, adding the beaten egg whites and a teaspoon of vanilla. Freeze and let stand two hours to ripen before using. Whipped

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cream is good served over this cream, or a vanilla syrup with chopped walnuts.

Brown Bread Ice Cream

Pour a pint of boiling milk over three ounces of brown bread crumbs, add five ounces of sugar, a teaspoon of vanilla, and one and a half tablespoons of gelatine dissolved in a little water. Stir until all is dissolved; when cool add a half pint of cream and freeze. A half wineglass of good brandy may be added, if desired, to heighten the flavoring.

Ginger Ice Cream

Dissolve one teaspoon of powdered gelatine in a cup of hot water; add a tablespoon of lemon juice, three ounces of sugar, a cup of ginger syrup drained from a small jar of preserved ginger, and fold in two cups of heavy cream. Put in the freezer and, when partly frozen, add two sprays of the ginger root, which must be chopped fine.

Raspberry Ice Cream

Dissolve one tablespoon of powdered gelatine in a cupful of milk, add two cups of sugar and four cups of cream; stir until all is melted, then strain and add one quart of ripe red raspberries that have been carefully washed. Pour into a freezer and freeze hard. This will be enough for ten people.

Baked Ice Cream

Have the cream to be baked frozen very hard and cut into blocks the size of individual service. Have the whites of eggs beaten very stiff with powdered sugar and a dash of brandy, spread the méringue quickly over the blocks placed on a baking sheet and thrust them into the hot oven for a minute or two to brown the mêringue, but watch that it does not burn as that ruins them. Serve quickly with macaroons.

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Frozen Peaches

Frozen peaches may be made rich or plain, so one may choose from the following two recipes the one that seems best:

Plain recipe—Take enough peaches to make one quart when stoned, pared, and chopped fine. Add two cups of sugar and let stand for one hour, then add a quart of milk and freeze. Serve with sponge cake or lady fingers.

Rich recipe—Take enough ripe sweet peaches to make a full quart after paring, stoning, and cutting into small pieces. Add to them a pint of sugar and let stand an hour, then add a quart of cream, place in the freezer and freeze ten minutes, then open and add the stiffly beaten whites of two eggs that have been beaten with three dessertspoons of powdered sugar and a teaspoon of rose flavoring. Close the freezer and continue until the cream is hard, then allow it to ripen for two hours. Serve with it silver cake or old-fashioned pound cake with a soft frosting.

Frozen Strawberries

Wash two quarts of fresh strawberries, cut them in pieces, sugar well, and let stand in a fairly warm place for a couple of hours. Add a quart of sweet cream and the beaten whites of two eggs and freeze. Serve either in glasses or in parfait cups.

Frozen Date Custard

Place a pint of rich milk in a double boiler and when it is hot stir in a pinch of salt, three eggs, well beaten, with three quarters of a cup of sugar. Cook constantly, stirring until the custard is well thickened, remove, and when cold fold in a half pint of whipped cream and a teaspoon of vanilla, pour into freezer and freeze for six minutes, then remove the cover and put in a cupful of chopped seeded dates and a half cup of rum; freeze and serve with a cordial

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sauce. Take one cup of sugar and melt in a quarter cup of boiling water; allow it to boil four minutes. When cold add a gill of apricot cordial, pouring a little over the custard.

Frozen Cherries

Take four cups of stoned ripe cherries, add two and a half cups of sugar, and let stand an hour; then add a pint of rich milk, the beaten whites of two eggs, and a pint of cream. Freeze and serve with silver cake.

Peach Melba

Select a large ripe peach for each person to be served. Dip each peach in boiling water to remove the skin. Place a large spoonful of vanilla ice cream on a square of sponge cake, lay the peach upon it, turn over it some raspberry syrup, and sprinkle crumbed macaroons on top. Have all ingredients ready, as the serving must be done before the cream melts.

Apricot Cream

Add to a half pound of apricot jam a teaspoon of almond flavoring, juice of one lemon, and a glass of Noyeau cordial. Mix thoroughly, add one pint of cream, and freeze.

Frozen Plum Pudding

Dissolve a half ounce of powdered gelatine in four tablespoons of hot water. Cook one cup of sugar in one cup of water until it threads from the spoon. Beat the yolks of three eggs, add them to the syrup, and beat until cool; then add the melted gelatine and fold in two cups of whipped cream. When all is mixed, add a half cup of seeded raisins, a cup of blanched and chopped almonds, a half pound of mixed candied fruits, a teaspoon of vanilla, and two drops of

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oil of cloves; turn all into the freezer. When nearly frozen, add the stiffly beaten whites of the three eggs that have been beaten with a little powdered sugar, and two teaspoons of orange flower water. When ready to serve, unmold and serve in slices with any good plum-pudding sauce.

Frozen Apricots

Pare and cut up enough apricots to equal a quart of solid fruit; add two cups of granulated sugar and a half a cup of pineapple juice squeezed from the fresh fruit. Let stand four hours; then add a pint of heavy cream and the stiffly beaten whites of two fresh eggs. Put into the freezer and when half frozen add a wineglass of apricot brandy.

Nesselrode Pudding

Blanch forty chestnuts in boiling water, after peeling them and removing their husks; then pound them in a mortar until they are perfectly smooth, adding a few spoonfuls of vanilla syrup. Rub them through a sieve and mix them in a basin with a pint of the vanilla syrup, one pint of cream, and the yolks of twelve eggs. Set this mixture over a slow fire, without stopping the stirring, until it reaches boiling point. Remove from the fire and pass through a sieve. When cold, put it in the freezer, adding a tablespoon of ginger syrup and two teaspoons of vanilla flavoring. When the mixture begins to set, open the freezer and add one ounce of candied citron chopped fine, two ounces of carefully washed currants, two ounces of stoned raisins, two ounces of chopped candied cherries, and one ounce of chopped candied pineapple. Cut fine four marron glacés and add them also to the mixture, with a pint of whipped cream and the whites of three eggs beaten very stiff with a little vanilla syrup. Pack individual pudding molds with the mixture. Have whipped cream, well drained and chilled, to be served with them.

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French Frozen Milk Punch

Take one quart of milk and add to it two cups of sugar, let boil up, add a grating of nutmeg, and let cool. When cold put into the freezer, adding three cups of whipped cream, a teaspoon of vanilla, and a half cup of rum. Freeze and when almost frozen open again and add a half cup of French brandy. Let stand an hour to ripen before using.

SAUCES TO SERVE WITH ICE CREAM

Ice cream in days gone by used to be quite sufficient unto itself, but nowadays it must have a sauce of some sort to add to its richness or some unusual sweetmeat served with it, so that it is quite as complicated as any other dessert. There are, however, quite a number of the fruit sauces put up in glass that may be purchased. These include purée of apricots, strawberries, raspberries, pears, red currants, peaches, and plums. Richly preserved fruits and those preserved whole are very popular served beside the creams.

Homemade sauces are varied and may be used hot or cold. One is made of strained honey, heated, and has blanched and chopped hazel nuts added. Another tasteful one is maple syrup with chopped walnuts. Marshmallow syrup with pecan nuts, vanilla syrup with pistachio nuts, chocolate sauce and whipped cream with grated pineapple are also well known and liked.

Fresh fruit jellies are another favorite sweet to serve with cream. The jelly is occasionally molded and arranged between bricks of cream and when the whole is served it is cut across so as to leave it like a layer cake in effect.

Sauce "Honey Love"

This sauce is to use with French vanilla cream. Chop fine a half cup of English walnuts, a thin strip of angelica, six seeded raisins, four maraschino cherries; add a cup of

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strained honey, to which the juice of half a lemon has been added. A tablespoon of sherry or of rum added is an improvement, but not a necessity. Pour the mixture over the ice cream, heap a tablespoon of whipped cream on top and decorate with a cherry.

Green Almond Sauce for Ice Cream

In making this sauce for the ice cream, get a jar of green almonds, drain, and slice them through the kernel, which is soft when the nut is green, then add as much of the liquor in which they were preserved as is needed. Pour over each portion of ice cream, then put a spoonful of whipped cream on the top and one whole almond in the center by way of a garnish.

Strawberry Sauce

For the strawberry sauce to go with the pistachio cream use a pint of small, sweet strawberries chopped fine. Cover with sugar and allow them to stand in a warm place until the sugar is thoroughly melted, then put the mixture through a purée sieve. Add to it large berries cut in quarters and chill before serving with the cream.

Méringue and Whipped Cream Sauce

Beat the whites of four eggs very stiff, adding three tablespoons of powdered sugar and a teaspoon of vanilla to them. Turn out a quart of vanilla ice cream frozen very hard, cover in with the méringue thickly, and put it into a very hot oven until the méringue is lightly browned. or, if the oven is not hot enough to do it quickly, then drop the eggs in spoonfuls on a lightly buttered paper, brown in the oven, and place them over the ice cream. Have ready one pint of whipped cream, to which has been added two tablespoons of finely chopped pecan nuts and two teaspoons of Anisette cordial, and put a spoonful on each portion.

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Chocolate Sauce

Dissolve one half cake of chocolate in one cup of milk, bring to boiling point, then add a half cup of sugar, a small piece of butter, and let boil for four or five minutes; remove from the fire, add two teaspoons of vanilla, and set aside to cool but do not chill. This sauce may be used over vanilla or chocolate cream.

Pineapple Sauce

Grate one fresh ripe pineapple, add to it two cups of sugar, two tablespoons of finely chopped preserved ginger, with two tablespoons of the ginger syrup; mix until all is melted together, and it is ready to use.

Maple Sauce

Melt one pound of maple sugar in one pint of boiling water, let boil five minutes, strain, and add a cup and a half of chopped walnuts.

Chestnut Sauce

Take a cupful of boiled chestnuts, chop them into small pieces, and add a pint of spiced white syrup made of two cups of white sugar boiled with a cup of water. When it has boiled and cleared, add a teaspoon of vanilla. A spice bag and a lemon rind used in boiling give a delicious savory flavor.

Sea Foam Sauce

Beat the white of one egg with a half cup of powdered sugar to a stiff froth. Whip one cup of cream stiff and drain it. Mix all together and beat in a tablespoon of sherry. Chill, and dust with nutmeg.

NOVEL WAYS TO SERVE ICE CREAM

Variety of ways to serve ice cream is perhaps more important than variety of creams to be served. There are many

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pretty individual molds into which the cream may be packed, but this means a good deal of work, and there are other ways of serving cream that are easier and just as effective.

For example, one way is to halve large oranges and remove the pulp carefully, throw the shells into cold water until they are needed. Make a good orange jelly out of the pulp, wipe half of the orange shells dry, fill them with the jelly, and set them away to chill. When ready to serve wipe the other half of the skins dry and fill with ice cream, smoothing off the tops evenly, then turn a jelly-filled half and an ice cream-filled half together. Tie them in place with narrow white satin ribbon, draw a spoon through the bow and lay them on a paper doily on the plate, with a square of delicate cake beside them, and serve.

Ice Cream Sandwiches

Split in half lengthwise as many little sponge cakes as there are guests to be served. Whip a cup of cream; have the ice cream frozen very hard in a square mold, then cut slices from it the size of the cakes, and lay the cakes up with it in sandwich form. Put the whipped cream into the pastry bag, squeeze a rose on top of each sandwich, and serve.

Raspberry Rings

Make a good clear raspberry gelatine jelly, turn it into wet individual ring molds, allowing one to each cover, and let it set. When ready turn out onto plates and put a spoonful of raspberry ice and vanilla cream in the center of each mold, decorating the top with a little whipped cream put through a pastry bag.

Banana Boats

Select large, mellow bananas, and cut out lengthways one strip of the peel; then hollow out the banana without break-

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ing the skin. Throw the boats into cold water and allow them to remain there until needed. Make banana ice cream in the usual way; when ready, drain and dry the boats with a soft cloth and fill them smoothly with the banana ice cream, dust the top of each with a little powdered dry macaroon, and serve with nut hermits.

Frozen Peach Shortcake

Make two thin layers of rich cup cake, the same as for layer cake. Have ready a quart of frozen peaches, spread one of the layers thickly with the peaches, put on the other layer, and spread it thinly with frozen fruit, heaping whipped cream on top. Save enough of the peach juice before freezing to make a small tureen of peach syrup to serve with the shortcake. Serve immediately after putting together.

Pineapple Cones

Pare carefully medium sized pineapples and cut them in half, slicing a little from each end so that they will stand steadily. With a sharp knife hollow out the center core. Dust the pineapple cup with sugar and fill with cream, sprinkling the top with finely chopped candied cherries. Squeeze the hard cores and add the juice, with a tablespoon of ginger syrup, to a cup of sugar syrup made from half a cup of sugar and half a cup of water. Serve the sauce with the cream cones.

Watermelon Boat

Cut a ripe melon lengthways, and hollow out the meat with a tablespoon, dropping the pieces into an enamel sieve set in a bowl of cracked ice. When the melon is ready fill half with pink orange ice and half with pistachio cream, and garnish the edge with fancy rounds of melon, serving two with each portion. Small cantaloupes are also pretty cut in half and filled one half with yellow orange ice and

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the other half with the pistachio cream, or one half with raspberry ice and the other with chocolate cream.

Frozen Rice Pudding

Put six ounces of rice into a stewpan with one quart of milk and a half pound of sugar. Cook until the rice is soft (if the milk cooks away, add a little more), then add the beaten yolks of six eggs and a tablespoon of vanilla. When slightly thickened stand aside to cool, then turn into a freezer; after freezing for ten minutes open and add the egg whites beaten stiff with a little powdered sugar. Have ready a dish of stewed apricots that have rich syrup and have been chilled, turn out the frozen pudding, pour the fruit around it, and heap with whipped cream.

Frozen Cream

Whip a quart of cream till quite firm, lay it on a sieve, and when well drained mix into it eight ounces of icing sugar and fill round-shaped molds with it, pack in ice, freeze an hour for each quart, and unmold them in a very cold dish.

Make a hole in the top of this molded ice cream and fill in a macédoine of fruits and serve with a chocolate sauce. Serve small chocolate puffs around the edge of the dish.

SHERBETS AND ICES

Sherbets and ices make easy and refreshing desserts for warm days and may be prepared several hours before they are needed, leaving only the actual freezing to be done at the last minute. An ice or a sherbet, being less rich than ice cream, is often preferred at luncheon time, while many people enjoy a fruit sherbet in place of the ordinary breakfast fruit.

Ices may be colored almost any color desired to follow

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the general color scheme of the table decoration on special occasions. Sherbets are often used to break a heavy dinner, coming just before the salad course.

Peach Sherbet

Pare and cut fine two quarts of fresh ripe peaches, then mash them through a sieve. Dissolve one heaping tablespoon of gelatine powder in a half gill of hot water; add to it a half pint of milk, twelve ounces or a cup and a half of sugar, and one pint of cream. Mix all thoroughly, and when cold pour into the freezer and freeze.

Pineapple Sherbet

One quart of finely chopped preserved pineapple, one quart of cream and the stiffly beaten whites of two eggs; mix all well together and freeze. Any other sweet fresh fruit may be frozen in this way.

Lemon Sherbet

Mix the juice of three lemons with one and a half cups of sugar; add slowly, constantly stirring, one quart of milk (if added slowly it will not curdle), turn into the freezer, and freeze.

Lilac Sherbet

Warm a half pint of grape jelly or one pint of fresh grape juice and dissolve in one cup of sugar. Mix with it one quart of rich milk, ice cold, and freeze at once. Serve with frosted cakes.

Plum Sherbet

Warm one pint of fresh plum juice and dissolve in it one cup of sugar, then add one quart of rich, cold milk and freeze at once. This makes a very pretty colored sherbet.

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Gooseberry Sherbet

Stew one quart of fresh, ripe gooseberries, one pound of sugar, and one pint of water together, until the gooseberries are thoroughly soft. Throw in the grated peel and juice of half a lemon, and six cloves. When done, strain and cool, and when cold turn into the freezer, add one quart of cream, and freeze at once.

Banana Sherbet

Dissolve a half ounce of powdered gelatine in half a cup of boiling water. Add two cups of sugar to a quart of cold water, boil for ten minutes, and turn it into the gelatine. When this is cool, add the strained juice of two lemons and four bananas that have been rubbed through a sieve. Beat all together and freeze in the usual way. After freezing it may stand and harden until it is needed.

Prune Sherbet

Stew one pound of large French prunes until they are tender, adding no sugar. Remove from the fire, drain, and save the juice, in which dissolve a cup and a half of sugar and two teaspoons of gelatine powder that has been dissolved in a little cold water. When all is melted together, boil five minutes. Take the stones from the prunes, then chop them, and strain the prune liquor over them; when cold add one pint of whipped cream, a tablespoon of vanilla, and two egg whites beaten stiff with a tablespoon of sugar. Pour in freezer and freeze.

Rhubarb Sherbet

Cook two pounds of rhubarb cut in pieces, first allowing it to scald in boiling water for five minutes; drain and add the grated rind and juice of one lemon, two cups of sugar, and half a cup of cold water. Cook until it is done, then add one cup of pineapple juice and one cup of spiced syrup. Put

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in the freezer, freeze it partly, and let it stand to ripen. When ready to serve, place in sherbet glasses and put candied cherries on top.

Strawberry Parfait

Rinse, drain, and press through a sieve enough strawberries to make two thirds of a cup of pulp. Boil one cup of sugar with a half cup of water without stirring until the syrup spins a short thread when dropped from a fork. Pour the mixture slowly over the stiffly beaten whites of two eggs and continue to beat until it is cold. As it begins to thicken add the fruit pulp, a little at a time. Whip one pint of heavy cream and lightly stir it into the mixture, then put all into the freezer, first removing the paddle; cover, pack in ice and salt for three hours to ripen. Serve in parfait glasses with a tablespoon of whipped cream on top and a ripe strawberry in the center.

Apricot Parfait

For the apricot parfait canned fruit will do if the ripe fruit is not seasonable. Dissolve one ounce of powdered gelatine in half a cup of hot water; add one cup of fruit pulp put through a sieve, one tablespoon of lemon juice, half a cup of chopped almonds, and one cup of sugar. Then beat for a few minutes and fold in two cups of whipped cream that has been well chilled. Fill fancy paper cases or parfait glasses; dust over the top a little powdered macaroon and place one red cherry or ripe strawberry on top.

Café Parfait

Pour one pint of boiling water over eight tablespoons of ground coffee. Let it stand for ten minutes, then add three quarters of a cup of sugar and one half pint of warm milk. When cool strain and add one half pint of heavy cream and freeze. Fill parfait glasses, adding a tablespoon

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of whipped cream to the top of each, and garnish with a fresh strawberry.

Marron Frappé

Rub two cups of preserved marrons through a sieve, add a pint of cream and a cup of the marron syrup to the pulp, and half a wineglass of Anisette, then freeze until nearly hard. When ready to serve fill frappé glasses, placing a tablespoon of whipped cream on the top of each glass with a maraschino cherry on top. Serve macaroons or Venetian zwieback with the frappé.

Orange Parfait

Dissolve half an ounce of powdered gelatine in one half cup of hot water and add one cup of sugar and two cups of whipped cream. Stir until it begins to thicken, then add one tablespoon of orange juice and one glass of orange marmalade. Beat all together, then put in one large or two small molds and freeze.

Lemon Ice

The juice of six lemons and one orange and the grate peel of one lemon, one pint of clarified sugar, half a pint of clear water; mix well and freeze. Be sure it is sweet enough as the sweetness freezes out some; if not add a little more of the sugar. Orange ice is made the same, but with six oranges and one lemon.

Pineapple Ice

The juice of a fine, ripe pineapple, juice of one lemon, half a pint of clear water, and a pint of clarified sugar; strain and freeze. This quantity is sufficient for eight people.

Cherry Ice

Take three cups of ripe cherries and one quart of water. Cook gently until the cherries are soft; then strain, thicken

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with a little cornstarch to the consistency of honey, add two cups of sugar, stir until it is all smooth, then strain into the freezer. A little red coloring added improves the appearance.

Strawberry Ice

Stew three quarts of strawberries in a half pint of water over a slow fire, strain the juice, adding a pint of clarified sugar, a wineglass of sherry; mix well and freeze.

Orange Ice

The juice of six ripe oranges, the juice of one lemon, one quart of water, and one pound of sugar. Mix thoroughly and strain, add one gill of rich, sweet cream, and freeze instantly.

Raspberry Ice

Squeeze enough fresh, ripe raspberries through a jelly bag to give three pints of juice, add a pound of pulverized sugar, place in the freezer and freeze. Another way is to heat four quarts of the berries, adding four pints of sugar and a pint of water. When hot and nearly at the boiling point, add a tablespoon and a half of gelatine dissolved in a little cold water; when at the boiling point, strain, and when cold, freeze.

Grape Ice

One pint of grape juice, the juice of four lemons, the juice of one orange, one pint of sugar, and a pint of water. Heat and mix all together; then add one tablespoon of cornstarch dissolved in a little water. Let come to boiling point and when slightly thickened strain into the freezer and freeze.

Ginger Water Ice

To one quart of lemon water ice add six ounces of preserved ginger, chopped as fine as possible, and a tablespoon of ginger syrup; mix well and freeze.

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Frozen Fruit Juice

A good way to use up any syrup left from preserving, is to freeze it. Dissolve one teaspoon of powdered gelatine in a little hot water, add to it two ounces of sugar, and when cool, two cups of the fruit syrup. Beat very stiff the whites of two eggs, fold them in, and freeze.

MOUSSES

A general recipe for the making of mousse is here given. One cup of any of the dried fruits, after they have been stewed and put through a purée sieve, may be added to make the mousse, either peach, apricot, or apple, or any chosen kind.

Dissolve one teaspoon of gelatine in two tablespoons of hot water, add to it when thoroughly dissolved a half cup of boiling milk, next add one cup of any fruit pulp desired, three tablespoons of orange juice, and fold in two cups of whipped cream. Put the mixture into a chilled mold and pack the mold in salt and ice for four hours.

Honey Mousse

Beat the yolks of four eggs lightly and then add to them gradually half a cup of strained honey, and heat slowly until thick, stirring constantly. Remove from the fire, and when cool add the beaten whites of the eggs, then add one pint of whipped cream; blend all together, put into the freezer, and when thoroughly chilled open and add a cupful of rum. Close, and pack in salt and ice until ready for use. When serving, add a cordial glass of apricot brandy to each portion. Macaroons or silver cake are best with the mousse.

Chestnut Mousse

Take one pound of French chestnuts, peel, blanch, and put them to boil in a small quantity of water; when very soft put them through a purée sieve and add to them six ounces of

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sugar flavored with a teaspoon of vanilla, and beat until quite smooth. Add one cup of sweetened whipped cream and pour the mixture into a chilled mold. Solder on the cover with flour and water paste to make sure no salt gets in, then bury the mold in the freezer, and let it remain there for one hour. When ready to serve, dip the mold in hot water, wipe it carefully; then turn the mousse out onto a napkin, folded crown shape, and send at once to the table.

Maple Mousse

Dissolve one teaspoon of powdered gelatine in four tablespoons of hot water; add the beaten yolks of six eggs and one large cup of maple syrup. Stir over the fire until the mixture thickens, but do not allow it to boil. Pour it into a bowl and beat until cool. When cool, fold in one pint of whipped cream that has been well drained. Put the mixture into individual molds or one large mold, and pack for five hours. When ready to serve, unmold and dust over the top one cup of blanched powdered sweet almonds. Serve with silver or angel cake.

Strawberry Mousse

Wash, hull, and halve one box of ripe, firm strawberries, sprinkle with a cup of sugar, and let stand one hour. Dissolve one tablespoon of gelatine in two tablespoons of cold water, then add three of hot water; mash the berries and run them through a fine sieve and then add the gelatine; set in a pan of ice water and stir until it begins to thicken, then fold in one quart of whipped cream, put in the freezer, and pack in salt and ice for five hours.

Pineapple Mousse

Add to two cups of sugar, one and one half cups of water, and one and one half tablespoons of cornstarch. Mix well and boil until clear. Add one quart of rich preserved pine-

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apple or a large ripe fresh one to the juice of two lemons, enough clear water to make two full quarts, and the stiffly beaten whites of two eggs. Put the mixture in a mold and pack.

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HOME-MADE CANDIES

SIMPLE recipes insure the most successful results and offer fewer complications to the inexperienced. Failures are too expensive to repeat often. For real success in candy making one needs a few small utensils, which should be kept solely for candy use. A clean, good iron frying pan, medium sized, for sugar browning, wooden and enamel spoons, white enamel dishes for mixing, limber spatula knife, shallow candy pans of three sizes, a spool of copper wire, a round bottomed, smooth iron pot, one or two enamel saucepans, and a pair of shears.

For the old-fashioned candy pull the iron pothook, which screws against the wall shoulder high, will be found a great saving of time and burned fingers. Canvas gloves also enable one to handle the hot mass and are easily laundered. A long, sharp knife of uniform thickness and limber blade is best for cutting fudge or other candies in different shapes. The best butter, confectioner's sugar, the best nuts, and the best quality of flavorings, pure molasses, finest clover honey, pure almond paste, rich sweet milk, and the highest grade of chocolate must be used in the different recipes to obtain perfection in candy making.

Children like to make candy and it is well to have at hand simple and inexpensive recipes.

Holiday Panocha

Four cups of brown sugar, one scant cup of milk; let boil seven minutes; add one teaspoon of vanilla, a tablespoon of butter, and two cups of English walnuts. Whip to a cream and pour it into a lightly buttered pan to cool.

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Butter Scotch

Take one cup of molasses, one cup of white sugar, a half cup of butter, and a half cup of water; mix them and cook over a slow fire until a little is firm when dropped into cold water. When done stir in a half teaspoon of bicarbonate of soda, and pour into well buttered shallow candy pans to cool.

Hickory Nut Candy

Put one pound of sugar, one tablespoon of vegetable oil, and half a cup of water in a saucepan, over the fire, and stir until the sugar is dissolved. With a damp cloth wipe down the sides of the pan and boil gently, without stirring, until the syrup spins a heavy thread. Add one cup of hickory nut meats, a teaspoon of vanilla flavoring, and turn into a shallow baking pan to cool. When cool, cut into squares.

Molasses Candy to Pull

One cup of molasses, one cup of sugar; melt together and boil until a drop will harden in cold water (it must harden but not become brittle). Add a pinch of baking soda and a teaspoon of vinegar and turn out onto two shallow buttered pans. Lightly flour the hands and pull as soon as the candy can be handled. After pulling white, twist, and cut in one-inch pieces with scissors.

Everton Toffee

Put one pound of powdered sugar and one teacup of cold water into a saucepan; when the sugar is dissolved add a quarter of a pound of butter beaten to a cream. Keep stirring the mixture over the fire until it hardens when a little is dropped upon a buttered dish. Just before the toffee is done add a half teaspoon of lemon flavoring, and pour into a shallow buttered pan to cool. This is a popular English candy.

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Peanut Candy

Put one pound of sugar into an iron frying pan; heat the pan hot before putting in the sugar and stir vigorously until entirely melted. As soon as the sugar is melted, throw in three quarters of a pound of shelled and skinned peanuts. Stir all quickly a moment, then turn into a buttered pan to cool. When slightly cool, mark off in squares.

Pineapple Marshmallows

Dissolve one half pound of gum arabic in one pint of pineapple juice, strain, and add to it one half pound of sugar. Place in a saucepan and stir constantly over the fire until the syrup is the consistency of honey. Add gradually the whites of four well beaten eggs and stir the mixture until it becomes somewhat thin and does not adhere to the finger. Flavor with a little extra pineapple juice, if desired, then pour into a tin that has been slightly dusted with powdered starch. Sprinkle a little more starch over the top and as it cools mark off in squares.

Honey Puffs

Put into a saucepan one cup of cream, three cups of sugar, a half cup of honey (strained). When the cream and sugar have been boiled together until they thread from the spoon add the honey; cook until the syrup will make a soft ball when dropped into cold water. Remove from the fire, add the beaten white of one egg and a cup of chopped nut meats, and when the mixture is firm and creamy shape into balls.

Popping Corn in Oil

Put one third cup of vegetable oil into a frying pan and, when it is hot, add almost enough unpopped corn to cover the bottom. Cover the pan securely and shake occasionally while the corn is popping.

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Vinegar Candy

Put into a saucepan two cups of sugar, a half cup of water, a half cup of vinegar, and a small piece of butter. Boil until the candy brittles in cold water. Just before removing it from the stove add a cupful of nut meats; or if liked better the candy may be pulled and the nuts omitted.

Fig Cream

Three cups of sugar, one cup of cream, half a cup of strained honey, and the juice of one large lemon. Cook the sugar, cream, and honey to a soft consistency that forms a firm, waxy ball when dropped in cold water. Cool the mixture, stirring constantly, and when it thickens add half a pound of chopped figs and the lemon juice. When too thick to pour spread in a buttered pan and cut into squares before it gets cold.

Chocolate Cream Drops

Take French cream and mold into cone-shaped forms with the fingers; then lay the cones on waxed paper or a marble slab until the next day to harden; or make them in the morning and leave until the afternoon. Melt some chocolate in a basin and place in another basin of boiling water. When melted and the creams are hard enough to handle take one at a time on a fork and drop into the melted chocolate, roll it until well covered, and then slip from the fork upon waxed paper and put aside to harden.

Apple Paste

Take a dozen apples, peel and core them, and put them into water, allowing them to remain till they are quite soft. Remove and rub them through a fine sieve with a wooden spoon. Weigh the pulp and put it in a preserving pan with the same weight of sugar. Boil for twenty minutes,

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then pour it out thin on plates. When cool cut the paste into squares or any other shapes desired. When cut, allow it to dry thoroughly in a cool oven.

Turkish Delight

Soak two tablespoons of gelatine in one third cup of cold water. When dissolved, add one cup of granulated sugar. Boil twenty minutes, adding the juice of a half lemon and a half orange. Take from the fire, flavor with a teaspoon of extract of rose or strawberry, add a quarter cup chopped nuts, pour into a greased shallow pan; cool, cut in squares, and roll in pink sugar.

Turkish Paste

Boil five pounds of sugar and one quart of water until it reaches the thickness of cold honey. Pour in slowly ten ounces of wheat starch that has been blended in a little water, next add half an ounce, of cream of tartar and stir the mixture one way until it gets quite thick or until a drop will sustain itself on a plate. When done, pour the mixture onto a flat pan which has been sifted lightly with corn-starch. Just before removing from the fire add a cup of blanched and chopped almonds and a half cup of pistachio nuts.

Baltimore Fudge

Two pounds of granulated sugar, one pint of milk, a quarter pound of butter, half a cake unsweetened chocolate grated. Melt slowly to the boiling point, then boil from seven to ten minutes, trying on a cold plate just before removing from the fire. Add two teaspoons of good vanilla flavoring. When it sets on the cold plate remove at once from the fire or it will granulate. Pour into lightly buttered pans and when cool enough cut into squares.

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Cocoanut Fudge

Into a clean granite saucepan put three cups of granulated sugar, one cup of milk, and a tablespoon of butter with the grated meat of one small cocoanut. Stir the mixture and allow it to boil up for one minute, then remove from the fire and beat until it begins to grain; turn into lightly buttered pans and allow it to cool. Before removing it from the fire drop a little into cold water and stop its boiling when the cold water turns it into a soft ball. It should be cut in the pan before it gets too firmly set.

Maple Fudge

One pound maple sugar and one cup milk. Bring to a boil and add a tablespoon of butter. Cook until it becomes brittle when tested in cold water. Remove from the fire, stir vigorously until it begins to granulate around the edge of the kettle, and then pour into a buttered pan.

Nut Creams

Chop almonds, hickory nuts, butternuts, or English walnuts quite fine. Make the French cream, and before adding all the sugar and while the cream is still quite soft stir into it the nuts and then form into balls, bars, or squares. Three or four kinds of nuts may be mixed together.

Almond Rolls

One half pound of almond paste, one pound of very fine powdered sugar, two tablespoons of lemon juice, the white of one unbeaten egg; knead into the paste gradually the sugar, lemon juice, and egg; form the mixture into cylinders, roll them into melted chocolate, and sprinkle with finely powdered almonds; place in a pan in a slow drying oven until slightly hardened.

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Cream Chocolate

Two pounds of granulated sugar, a cup of sweet cream, a tablespoon of butter, and a half cake of chocolate, grated. Melt the ingredients together in a smooth iron pot and let boil evenly eight to ten minutes, testing on a cold plate very often.

When done pour in a lightly buttered shallow pan and set. While it is cooling mark off into squares. If wrapped in waxed paper it will not dry out. Before moving from the fire add a teaspoon of good vanilla flavoring, as it improves the taste.

Do not boil it too long or it will become like fudge. Using cream instead of milk makes it more like that which is imported.

A Recipe Popular in 1770

To make "March-pane"—take a pound of Jordan almonds, blanch and beat them in a marble mortar very fine; then put to them three quarters of a pound of double refined sugar, and beat them with a few drops of orange-flower water; beat all together till 'tis a very good paste, then roll it into what shape you please.

French Fondant or French Cream

Two cups of sugar, one cup of water. Stir the sugar and water together until mixed; do not stir after it has come to the boiling point, stir only enough to prevent sticking at the bottom; boil until a soft ball forms when dropped into cold water; remove from the fire and place saucepan in a pan of cold water. Allow the mixture to stand until it is cool; add half a teaspoon of vanilla; then beat until it forms a white mass which leaves the edge of the pan; knead it well until it is perfectly smooth and no hard grains remain.

With a very little practice expert molding may easily be accomplished. A marble slab is best to use in kneading

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and molding fondant. The slab is cool and marble is a better molding surface than wood.

Wintergreen Bonbons

Prepare the fondant as directed. Flavor with essence of wintergreen. Color a delicate pink or a very delicate green. Form into oblong bonbons by rolling a small round ball and then flattening it with the palm of the hand.

Candied Strawberries

Berries and sugar in the proportion of pound to pound. Wash berries carefully, a few at a time, before capping. Put berries and sugar together into a kettle on the back of the stove. Let stand until the extracted juice covers the fruit; then put on the fire and cook exactly fifteen minutes after it begins to boil. Turn into a crock and let stand overnight. Put in glass jars and keep in a dark closet.

Holiday Pralines

The ordinary nut sweets are so rich that their free use is prohibitive, but the pralines are so simple that they may be eaten without fear of illness.

Use the best quality of nuts and make the dainty in two sizes. Hickory nuts cracked and halved, filberts, blanched and dried, and pecans in halves should be used for the small pralines. Blanch Brazil nuts and princess nuts and halve English walnuts for the larger pralines.

Take one cup of sugar, three quarters of a cup of water, and boil until it threads from the spoon and is almost ready to sugar; turn the nuts in quickly and stir rapidly while it sugars. Throw them into a large flour sieve, sift off the loose sugar, separating them if they have stuck together while they cool. When cold, pack them in wax paper lined boxes until ready to use.

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Pistachio Pralines

Blanch one pound of pistachio nuts. Dissolve one pound of sugar in half a cup of water, let it boil until it forms a little ball when dropped into cold water; add the nuts and stir quickly until they have taken up all the sugar, and continue stirring until the sugar syrup or caramel has granulated about them. Then throw them onto a sieve, sprinkle them lightly with a little orange or rose flavoring, and shake off all the loose sugar.

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BEVERAGES

Coffee

Its making and serving and its effect upon the health are always subjects of interest to housekeepers. One may get some idea of the number of ways of making it from the numerous percolators and coffee pots on the market, for each family seems to have its own particular method, which appears to require a special utensil.

Though excellent brands of coffee are to be had many people still prefer to roast their own, and here is a hint which may be of service. After obtaining the brand of green coffee that is best liked add to each three pounds of it before roasting a piece of butter the size of a walnut and a dessertspoon of powdered sugar. The addition of the butter and sugar develops the flavor and aroma of the berry.

The usual rule in making coffee is to allow one tablespoon of coffee (ground) to each cup of water; whether the water is cold or boiling is a matter decided by the method each housekeeper uses.

Café au Lait

Make one quart of very strong coffee; strain and add one pint of hot milk and a half pint of cream and a half pint of whipped cream and sugar to taste. This may be served hot for breakfast or in the afternoon chilled for those who prefer it to tea.

Café Noir

Make a quart of strong coffee and boil two cloves with it. In each after-dinner cup place one lump of sugar and one

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teaspoon of apricot brandy, plain brandy, or Anisette cordial.

Tea

To make the best tea the water must be jumping and boiling when the tea is added, and be at once removed from the fire when the tea is added, covered closely, and allowed to infuse for three to five minutes. Never reheat tea. If it is to stand at all, during the service of a meal or for any other reason, strain it at once, after the infusing period, into a clean, hot pot. A heaping tablespoon of tea to a quart of boiling water is the usual recipe.

Chocolate and Cocoa

In making chocolate allow a half ounce of chocolate to every half pint of water or milk. This applies also to the individual cakes that come, to use one to a cup, or a half tablespoon of grated chocolate to a cup. It should be put into the hot liquid, brought to the boiling point, and sweetened with two or three teaspoons of sugar according to taste. Whipped cream may be added to make the chocolate richer.

In making cocoa allow two tablespoons of cocoa to one quart of milk. Mix the cocoa smooth with a little boiling water, then add it to the hot milk with a half cup of sugar. Boil up once, strain, and serve. If the cocoa is for children and not wanted quite as rich, it may be made of half milk and half water.

Any of the foregoing four drinks may be served iced.

COCKTAILS

The mixing of drinks is sometimes rather problematical in households where it is not of daily occurrence and recipes are not at hand to help one out in emergency. So here are just a few cocktail secrets and just a few wine cup hints.

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The home equipment for drink mixing includes an ice shaver, cocktail shaker, lemon squeezer, strainer, long handled spoon and toddy stick, sharp knives, a jigger for measuring, and proper glasses. A cracked ice bowl with tiny silver tongs is always on the tray.

Abemarle Bracer

Into a whiskey glass pour one half jigger of picon bitters, a half jigger of brandy, a half jigger of green crème de menthe, a dash of absinthe, and a tablespoon of shaved ice. Shake, strain, and serve.

Bronx Cocktail

One dash orange bitters, one third jigger of Italian vermouth, one third jigger of French vermouth, and one third jigger of Gordon gin. Frappé and strain into cocktail glass, squeeze a piece of orange peel on top and droq it into the glass.

Coffee Cocktail

Take a pony of port wine, a pony of brandy, a teaspoon of powdered sugar, and one fresh egg, mix in tumbler half filled with shaved ice, then strain into cocktail glass and grate a little nutmeg over the top.

American Beauty

Into the mixer half filled with shaved ice put two dashes of grenadine syrup, one third jigger of Italian vermouth, and two thirds jigger of Tom gin. Stir well and strain into cocktail glass with a red cherry in the bottom.

Chanticleer

Chanticleer, a most popular cocktail, is made of one half Gordon gin, one fourth French vermouth, one fourth Italian vermouth, and a dash of orange bitters. Four

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bruised mint leaves, one clove, and a tiny strip of lemon peel are added while it is being shaken to perfectly blend it; then it is strained into a chilled glass and served.

Absinthe Cocktail

Put a cup of cracked ice in the shaker with three or four dashes of syrup, one dash of angostura bitters, one dash Anisette, one quarter wineglass of seltzer, three quarters wineglass of absinthe. Shake well until almost frozen, strain into cocktail glass, squeeze a bit of lemon peel on top, and serve.

Swan Cocktail

One half jigger of gin, one quarter jigger of French vermouth, one quarter jigger of Italian vermouth, juice of one lime, frappé, and serve; put an olive in the glass.

Orange Blossom

Turn over the ice in the shaker one third jigger of orange juice, two thirds of jigger of Gordon gin, dash of orange bitters, shake well, strain into cocktail glass, drop in each glass one marron.

Champagne Cocktail

Two slices of orange, one slice of diced pineapple, one lump of sugar, two dashes of angostura bitters, a jigger of Monopole champagne. Shake well and turn into the glass, adding two fresh strawberries.

Ruby Cocktail

One third jigger Italian vermouth, two thirds jigger of sloe gin, frappé and strain into cocktail glass, adding one crème de menthe cherry.

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Moonlight Cocktail

One third jigger dubonnet bitters, one third each of French vermouth and Gordon gin, frappé and strain into glass with one white grape.

Zaza Cocktail

One half jigger each of Gordon gin and dubonnet bitters, frappé and strain into cocktail glass with red cherry in the bottom.

Clover Club

The juice of half a lemon, a sixth jigger of grenadine, one jigger of gin, and the white of an egg. Shake with shaved ice, then strain into a claret glass and put a clover mint on top of each.

Martini

Into a half tumbler of shaved ice put a dash of orange bitters, a jigger each of vermouth and old Tom gin, and a few drops of lemon juice; shake well and strain into glass.

Manhattan

Into a half tumbler of shaved ice put two dashes of bitters, two thirds jigger of whiskey, and one third jigger of Italian vermouth. Shake well and strain into glass, putting a squeezing of lemon peel on top.

Rose Cocktail

Rose cocktails are made of golden gin and vermouth, with a teaspoon of rose water, and petals of roses scattered on the top.

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FRUIT COCKTAILS

Cherry Cocktail

Wash, stone, and halve ripe, firm ox-heart cherries, drain, and chill. Spice, sweeten, and chill the juice, and pour over the fruit when ready to serve.

Strawberry Cocktail

Wash, hull, and halve firm ripe cherries, chill the fruit, and when ready to serve add enough spiced strawberry syrup to moisten the fruit and serve with a firm stick of fresh cinnamon upon which the fruit is speared.

Grapefruit Cocktail

Remove the fruit carefully from the bitter skin and place in a bowl on ice until needed. Then add juice of one lemon, a wineglass of sherry, four teaspoons of powdered sugar, and a dash of nutmeg. Place in the glasses and garnish with red cherries.

Pineapple Cocktail

The cocktails are made by cutting three or four balls of pineapple with a cutter for each glass, roll them in powdered sugar and a little apricot brandy. When ready to serve pour over them the cocktail of vermouth and golden gin.

Alligator Pear Cocktail

Pare and seed one alligator pear, then dice it. Add to it a teaspoon of ketchup, six drops of tabasco, one teaspoon each of worcestershire sauce and chutney syrup, and juice of a lemon. Chill and serve in cocktail glasses.

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WINE CUPS

Champagne Cup

Two ponies of cognac, two of white curaçoa, two of maraschino, the juice of two lemons, one bottle club soda, and one quart of champagne; berries in season and one strip of cucumber rind. Sweeten to taste, and if served at once a small lump of ice will do no harm. A few sprigs of mint may be added by way of decoration.

Claret Cup

Juice of two lemons and one orange; two ponies of benedictine and two of curaçoa, a bottle of claret, and one of apollinaris water. Sweeten to taste; any small fruits on hand can be dropped in as cut strawberries, slices of banana, cherries, raspberries, or bits of pineapple.

Moselle Cup

Juice of half a pineapple, three lemons and two oranges; a pony of apricot brandy, one of brandy, a stick of cinnamon, and three cloves; one bottle of sparkling moselle, one of imported ginger ale. Add diced pineapple, red cherries, and a few sprays of mint. Chill and serve.

Sauterne cup is made in the same way as the champagne, substituting the sauterne for champagne. Rhine wine cup is also made the same way.

Rose Cup

Juice of six oranges, eight lemons, one small pineapple, pint of juicy cherries, and juice of one box of strawberries. When all the juice is squeezed strain carefully through a cheesecloth, wet with cold water, then add a glass of apricot brandy and a pound of sugar that has been melted in a cup of clear boiling water and a gill of rose water. Let stand and mellow, and when ready to use add a bottle of sparkling

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moselle and a bottle of apollinaris water and the ice. Over the top slice thinly a few large strawberries and scatter a few rose petals.

Mulled Cider

To two quarts of cider add one nutmeg crushed, not grated, fine; six whole cloves, and three sticks of cinnamon. Add half a cup of light brown sugar. Simmer gently, never allowing it to boil. Keep it lightly covered and cook fifteen minutes. Serve steaming hot.

Hot Spiced Cider

This may be used to carry out the old wassail bowl at holiday time if desired. Take three quarts of good cider and put it into a clean saucepan, adding a gill of sugar syrup flavored with vanilla, a small spice bag, and a strip of lemon peel. Let come to boiling point, let stand at that heat for fifteen minutes, then turn into the punch bowl and put over the top a few baked apples that have been cored and baked with cinnamon and sugar. Serve smoking hot.

Mulled Wine

Father Knickerbocker's Christmas beverage was mulled wine in the early days when old New York was young, and it was made in this way. Take one pint of water, one pound of sugar, six cloves, a half stick of cinnamon, a saltspoon of allspice, a half grated nutmeg, and the grated rind of a lemon. Let come to boiling point and stir until all ingredients are thoroughly blended, then add a quart of fine old port wine and let all come to boiling point again; then strain into grog glasses or mugs, putting a cinnamon stick in each by way of a toddy stick.

Blackberry Cordial

To two quarts of blackberry juice squeezed cold add four pounds of sugar, boil ten minutes, and skim. Then add a

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spice bag and one quart of good brandy, boil ten minutes and cool, then bottle and seal.

PUNCHES

The fault often found with American drinks is that they are served too cold, so that their delicacy of flavor is lost; the proper way to do is to have all of the ingredients chilled before mixing together, then place the bowl containing the punch in a bowl of cracked ice, which keeps it chilled but there is no cracked ice in the punch to dilute it and destroy its flavor.

Christmas Punch

Juice of six oranges, six lemons, two grapefruit, one grated pineapple, two cups of sugar melted in one cup of hot water then cooled, one cup of strong Ceylon tea; when all is chilled add four quarts of water turned over a block of ice in the punch bowl. Drain a small bottle of maraschino cherries, and float them on top with a few candied mint leaves.

Rum Punch

One quart Jamaica rum, two quarts of Medford, one quart brandy, a half pint of sherry, one gill each of curaçoa and maraschino, a pint of lemon juice, a half pound of sugar, and a pot of tea. Add sliced lemons, or oranges, pineapples, and pitted cherries. Add two quarts of apollinaris and two of ginger ale. Pour over a lump of ice in the punch bowl.

Philadelphia Fish House Punch

Three fourths of a pound of white sugar dissolved in water; one third of a pint of lemon juice; one half pint cognac, one fourth pint each of Jamaica rum and peach brandy, and one quart of apollinaris water. Turn into the punch bowl over a block of ice.

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Ginger Punch

To the juice of twelve lemons add half a small bottle each of green and red maraschino cherries, three sliced oranges and the juice of one small pineapple, and a quart of filtered water and sweeten to taste. Set away to chill and mellow. When ready to serve add ice and six bottles of ginger ale.

Pumpkin Punch for Thanksgiving

Boil and strain one small pumpkin, add one pint of sugar and one pint of molasses, one pint of apricot brandy, grating of nutmeg, juice of three lemons and three oranges. Let stand three hours, strain, add ice and one pint bottle of champagne and two quarts of vichy. Serve in a hollow pumpkin shell pointed at the top.

Gnome Punch

One pint of Catawba wine and a small spice bag, juice and rind of one lemon, a cup of sugar, and grating of nutmeg; heat to boiling point, let stand and cool, strain, and add one pint of ginger ale and two bottles of vichy, ice, and a bottle of cocktail chestnuts. Serve in punch glasses.

Hongkong Cooler

Pour one quart of boiling water over three tablespoons of Ceylon tea; let steep five minutes; strain and cool; while cooling add four tablespoons sugar, three slices lemon, two cloves, and four maraschino cherries. When ready to serve pour in tall glasses half full of shaved ice, adding a dash of Jamaica rum to each glass. Place a spray of mint on top of each glass.

Grape Cooler

Remove the segments from a large firm grapefruit, placing them in a small enamel strainer to drain; chill one

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quart bottle of grape juice. Place the fruit on cracked ice in the punch bowl, add sugar to taste, and add one bottle of sparkling water.

Fruit Punch

Juice of three lemons and three oranges, one quart of pineapple juice, two lemons and two oranges thinly sliced, one box of ripe strawberries cut in half, one pound of sugar; mix ingredients, turn over cracked ice in the punch bowl, and add one quart of apollinaris water.

Pineapple Punch

Add to the juice of three lemons and a pound of sugar two quart bottles of pineapple juice, two slices fresh pineapple diced, turn over cracked ice in the punch bowl, and add just before serving two bottles of imported ginger ale.

Fisherman's Punch

Grate one pineapple and add one pound of powdered sugar, juice of three lemons, grated peel of one, and a small jar of preserved ginger. Turn in the syrup and chop the ginger up very fine. When ready to serve add three bottles of ginger ale, cracked ice, and a large bottle of champagne.

Hot Chocolate Punch

Make a quart of rich hot chocolate, add one small cup of Jamaica rum, one pint of whipped cream, and one tablespoon of syrup of ginger and serve hot.

Mint Julep

Melt one cup of sugar in one cup of boiling water; let cool; bruise three or four sprigs of mint and throw into the mixture; as it cools half fill punch glasses with shaved ice, add one tablespoon of the syrup to each glass, put three or four sprigs of mint in the glass, first dipping it in cold water

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and dusting it with powdered sugar; fill the glass with Mount Vernon whiskey.

Cherry Flip

Stone and squeeze the juice from two quarts of ripe cherries, throw in half a cup of stoned cherries. Melt a pound of sugar in a pint of boiling water; as it simmers for three minutes add two slices of lemon four cloves, and a tiny piece of ginger root; strain and cool; add to the cherry juice and turn into the punch bowl over cracked ice. When ready to serve add a pint jar of Gordon and Dilworth's Puncheezy.

Honey Posset

Take one pint of strained honey, the juice of twenty-four, lemons, grated peel of one, and a tumbler of rum, mix well, and when ready to serve to each half glass of the mixture add a half glass of vichy; chill before mixing the ingredients but do not ice the drink. A spray of fresh mint washed then dusted with powdered sugar stuck in each glass makes it attractive in appearance.

Harvest Punch

One cup of molasses, half cup of sugar, two tablespoons of ginger syrup, one quart of milk, a little grated lemon peel; mix well, then add a pint of cream, grate a little nutmeg over the top, serve chilled but not iced. This is a refreshing and nourishing drink as well.

Christmas Eggnog

The nog may be made a strictly temperance drink by adding a tablespoon of vanilla instead of the liquor. Put in a bowl the yolks of one dozen fresh eggs and the stiffly beaten whites of two of the eggs, beat until very light, then add a cup and a half of white granulated sugar, and half a grated

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nutmeg. Beat and add slowly a pint of rich milk, four more egg whites beaten stiff, three quarters of a tumbler of Jamaica rum, and a pint of rich cream. Keep stirring all the time and then add a pint more milk. Beat the rest of the egg whites stiff and add to them three teaspoons of powdered sugar, a teaspoon of apricot cordial, and a dusting of nutmeg; then drop by spoonfuls on top of the nog. Set the bowl in another filled with cracked ice to keep it chilled, but do not ice the nog. This makes the wassail bowl always served at New Year's and on Twelfth Night. This is sufficient to serve ten people once.

PORCH DRINKS

With a generous amount of company, and perhaps a number of young people fresh from the tennis field or golf links, every afternoon just at tea time who prefer something cooling rather than the usual cup of tea any of the following recipes may be used and the drinks temptingly served with dainty wafers, sandwiches, or cake, and they will prove most acceptable.

The first requisites needed for successful drink mixing are plenty of ice, clear or filtered water, vichy, ginger ale, and carbonized waters. Next, good, juicy lemons and as much other fresh fruit as the market affords.

The fruit waters, as they are called, are perhaps more English than American drinks, but are most refreshing when properly made. For strawberry water proceed in the following way:—Wash and crush one quart of fresh ripe strawberries with one pound of sugar, let them stand several hours, then strain carefully and add one pint of clear water. Chill and serve with cracked ice and vichy. The orange and the pineapple are made in the same way, only adding a little lemon juice or orange flower water if the flavor is liked.

Next the syrups are in order and make a line of richer drinks. The flavors are ginger, rose, mint, coffee, raspberry,

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mulberry, clove, pink, violet, and chocolate. To one and all these vichy, cracked ice, and either whipped cream or ice cream may be added. Then there is the iced bouillon with a dash of whipped cream, iced chicken or clam broth, which also belong to the list of summer drinks.

Welsh Nectar

This drink has to be made a week ahead of the time it is wanted, so that the two gallons which the recipe calls for may become just right for bottling for use. Pare thinly eight lemons and drop the peel into eight quarts of boiling water, then let stand and cool; when cool add one pound of stoned and chopped large raisins, two pounds of sugar, the juice of the lemons, and three cloves. Let it stand for five days in a cool place carefully covered, stirring it occasionally, then strain through cheesecloth, bottle in clean bottles, cork, and put on ice to chill.

Temperance Horse's Neck

Peel a thin skinned lemon in one long strip and arrange it in the glass so that one end hangs over. Put into the shaker with the cracked ice the juice of the lemon, a heaping tablespoon of sugar, juice of half a grapefruit, and a dash of orange bitters. When shaken and chilled turn into the glass with the peel and fill it with ginger ale; a little shaved ice may be added if one wants the drink very cold.

Home-made Soda Water

At a children's party serve this drink, which fizzes. Boil together in a granite saucepan (not metal) two pounds of sugar, three pints of hot water, and two ounces of tartaric acid for five minutes. Put away to cool and then stir in the well beaten whites of three eggs and one ounce of flavoring, as vanilla or sarsaparilla. When ready to use put one

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tablespoon of the syrup into a half glass of water, add a scant quarter teaspoon of baking soda, and beat to create a foam.

Almond Milk

Blanch two ounces of Jordan almonds and half an ounce of bitter almonds and pound them in a mortar, adding a little at a time a tablespoon of orange flower water, and two tablespoons of sugar. When the mixture is smooth and creamy, add one pint of milk, and let stand. Drain before using.

Raspberry Vinegar Syrup

One pint of raspberry juice, four pints of sugar, two pints of cider vinegar, and boil gently for fifteen minutes. Carefully strain and cool, and it is ready for use. Or it may be made in the following way:—Let the fruit stand in the vinegar several days, then filter it, add the sugar, and heat to boiling point, strain again, then cool, and it is ready for use, and is more apt to retain its fine flavor.

Mead

Pour over one and a half pints of sugar and a half pint of molasses, three pints of boiling water; stir and let stand until lukewarm, then add two ounces of tartaric acid and an ounce of essence of sassafras. When thoroughly cold, bottle. When desired for use, put a tablespoon of the mead in a tumbler and fill the glass with any good carbonated water.

Apricot Flip

Pare, stone and stew two pounds of ripe apricots; sweeten them until quite rich and chill thoroughly; when ready to serve add two bottles of ginger ale, one of apollinaris, and a bunch of mint leaves.

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Milk Snap

To each tumbler of chilled rich milk add a quarter of a tumbler of ginger syrup and the beaten white of one fresh egg. Shake in a shaker and add a dash of grated lemon peel just before serving.

Pineapple Pilot

Grate one ripe, fresh pineapple; cover with one cup of granulated sugar and let stand on ice; when ready to serve add the juice of two lemons, a bottle of ginger ale, and a pint of apollinaris water.

Lemonade

Juice of eighteen lemons, grated peel of two, juice of six oranges and two grapefruit; put two pounds of sugar in a saucepan with one quart of water; when it is melted let it boil for two minutes, skim it, then remove from the fire and cool it and add it to the fruit juice. Set away to chill; when it is time to serve it strain half into the punch bowl and add water, mix well and set the bowl into the larger receptacle of cracked ice. When the second half is needed strain it into the bowl and add charged water, or one quart of charged water and two bottles of imported ginger ale. Instead of using the punch bowl of course the drink may be shaken with cracked ice in shaker, then turned into the glasses.

Glorified Lemonade

An ordinary lemonade will be much more attractive if a little juice of the currant or raspberry is added, sufficient to make the liquid pinky. Then add a few fresh pineapple sticks and a thinly sliced banana. Ice and serve.

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Lemonade

Rind and juice of three lemons, two ounces loaf sugar, one quart of boiling water. Peel lemons very thin, and put in a jug with the sugar, pour over the boiling water and let cool, strain, and add water to strained juice when cold.

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PRESERVING AND PICKLING

THERE seems to be a bit of haziness in most minds as to the correct way of using the words "conserve" and "preserve." To clear the matter up once for all the explanation of each word will show the difference. In France, the word conserve is applied to any food, fruit, vegetable, meat, game, fish, pickles, sweetmeats, or anything that is put up and sealed in tin, glass, or any other carrier to keep over the winter months or as much longer as is required. In America the term is used for any unusual sweetmeat when one is uncertain as to in just which class it belongs. This is an incorrect use of the word, for what usually is called a conserve is a pound-for-pound preserve, which, though usually sealed, is rich and heavy enough to keep, carefully covered in a cool place, without sealing, for several months.

Although there are many new methods for preserving and pickling in vogue, and so-called easier ways of doing the work, still the dainties cooked in the large low porcelain-lined iron pots of our grandmothers' day have yet to be excelled. While still being in favor of most of the old methods it is but fair to at least tell something of the new, leaving the housekeeper the liberty of her own choice. A few simple rules will serve as a general guide aided by a true set of kitchen scales, quart and pint cups, and the other paraphernalia summed up in one of the following paragraphs.

Preserve Making

Preserves are usually made of the large seeded fruits, pared or unpared as the case may be. After careful washing

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the fruit, either whole or halved and the stones removed, is placed in the preserving kettle with three quarters of a pint of sugar to a pound of fruit and just enough water to keep them from burning. Allow the fruit to heat slowly until it begins to give off its own juice, then boil gently and skim thoroughly, cooking until the fruit is tender, when it should be removed to a large bowl with a skimmer and the juice be allowed to boil ten minutes. Now return the fruit to the juice and let it all heat through again and it will be ready for the jars. Another way is to allow the fruit to cook; first, then remove it and add the sugar to the boiling syrup, after boiling it ten minutes and skimming carefully, return the fruit, boil up once, and then put in the jars. If it is desired to make the preserve still richer then use a pound of sugar to each pound of fruit, using just as little water as possible, only enough to keep them from burning until they begin to give off their own juice.

Dry Pack Canning

Dry pack canning is the newest form of putting up vegetables and fruits for winter use. The method is recognized as the best by the State colleges that teach domestic economy and their teachers show the work to be easy for the housekeeper to do and much more economical than the old way.

Tomatoes should first have scalding water turned over them and their skins removed. Then plunge them in cold water, and pack them by hand in the jars, as many as can be crowded in, add one level teaspoon of salt to each quart jar; place the rubber and cap in position, partially seal, but not tight, then set the cans in the hot water bath outfit and leave them there twenty-two minutes, the water boiling around them. Remove the jars, tighten the covers, and invert them to test the joint while they cool. The next morning tighten the covers if they need it; or, if it is possible to do so and for especial stewing use, select a few of the best

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looking jars and wrap them in paper before stowing them away, so that they will retain their brilliant coloring.

Even if the jar is not full after the tomatoes are done, it will not affect their keeping in the slightest degree, as no air has been allowed to enter the jar from the moment they were cooked. The most practical hot water bath outfit is the oblong tin water kettle having the rack inside which holds eight jars and which is equipped with a tight-fitting cover.

Three important rules are impressed upon the student of this new method of canning and there are three good reasons for each rule. The first reasons are for "scalding" the products: first, to loosen the skins; second, to eliminate acid and acrid flavors; and third, to start the flow of the coloring matter which is later arrested by the cold dip. The next reason has to do with the "blanching": first, to eliminate acids and acrid flavors; second, to reduce the bulk of vegetable greens; third, to make it unnecessary to use the exhaust period and intermittent process. "Cold dipping" is done, first, to harden the pulp under the skin and thus permit the removal of the skin without injury to the pulp; second, to coagulate the coloring matter and make it harder to dissolve; third, to make it easier to handle the products in packing.

The claim is made that fruit and vegetables done after this method are more true to nature in color, flavor, and texture, and more natural in appearance than those done under the old ways. Peaches are put eight or ten at a time into a double square of cheesecloth; in this they are lowered into the boiling water and allowed to blanch there for two or three minutes, then they are removed by the cheesecloth, drained a minute, plunged into cold water for a moment, then their skins and stones are removed, after which they are packed into the jars, the rubber is put in place, and the boiling syrup, made in the proportion of two cups of sugar to one of water, which has boiled for two minutes before being used, is turned into the jars, filling them to overflowing.

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The cover is then quickly screwed into place, but not firmly screwed down. Next the jars are set into the water bath, where the boiling water should be kept high enough to cover the lower three quarters of the jars, and here they are allowed to stay for twelve minutes. They are then removed, the covers tightened as much as possible, and the jars inverted to cool and test the joint.

String beans, after being washed carefully, strung and cut into convenient lengths, should be allowed to blanch four minutes, then be cold dipped. Pack them in the jar, adding a level teaspoon of salt to a quart, fill the jar with boiling water, partly seal and place in the water bath, and allow them to stay there for ninety minutes.

Other vegetables may be done in similar proportions, leaving them in the water same time it would take to cook.

A number of the preserving outfits of European make are temporarily out of the market, so Americans will have to depend on some of the old reliable methods and bring them up to date as far as possible. The cooking can be done in the pint jars by utilizing the double roasting pans and the steam cookers. Clean jars, new rubbers, wide-mouthed bottles, porcelain jam pots and paper jelly glasses or cups, paraffin, sealing-wax, labels, new cheesecloth jelly bags, which are better than the old flannel bags, new wooden spoons, fresh cheesecloth squares to save the towels, and paper dishcloths, should all be ready. Vinegar, fresh spices, and herbs should be ready also. The new rubber preserving aprons are excellent to wear while dealing with the fruit.

One thing to remember in pickling or preserving is that the best fruits or vegetables, ripe but not overripe, carefully washed before preparing, are the only kind there is any excuse for preserving. Many women feel that it is better economy to prepare the fruits one day, put them away in a cold place well covered, and start the actual preserving early the next morning. This is practical, especially for jam or jelly or any of the pickles, but it is not a wise method where whole fruit is to be preserved.

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Jellies made by the cold uncooked process are more delicate in flavor, but do not keep as well. While they are jelling in the sun the tumblers must be covered with a sheet of glass.

All preserve juice and skimmings may be turned into the vinegar barrel or jug, as it forms the much to be desired "mother," which clears and makes the vinegar fine. Any quantity of juice left may also be used for the fruit vinegars, which make such refreshing summer drinks.

The large-seeded fruits make the choicest jams, but many people do not object to the seeds in currants, and other small-seeded berries, as their flavor is excellent. For the fruit jellies many cooks prefer to squeeze the fruit cold, rather than the older and more tiresome way of heating it and letting it drain through the jelly bag.

Just a word to the housekeeper to remind her while she is putting up the winter's stock of jams and jellies not to forget the little individual paper jelly cups for the children's school lunches. The jellies are invaluable for the purpose and perfectly wholesome when made at home. One word as to jams: it will be found that jams made of the large rather than the seedy fruit will be better liked by the children, who at this particular stage may be losing and gaining teeth, and the seeds make infinite trouble and are often the cause of many painful toothaches. Cherry, strawberry, apricot, peach, and plum jam; raspberry, currant, blackberry, apple, grape, and quince jelly will furnish an excellent variety.

The experienced housekeeper may not need a hint as to the necessity of looking after her preserved fruit for a while after it is stored away to watch for any signs of its "working" but to the new housekeeper the hint may be a welcome word of warning.

Pears, if taken at the very moment they begin to "work," may be saved by putting them into the preserving kettle and boiling down and skimming off the scum that rises to the top, and canning again.

Tomatoes may require the same treatment. Other fruits

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may respond to the treatment, but it is usually best to add some more sugar.

Sometimes if very hot weather comes after the jellies are done up, they have to undergo another boiling if they seem inclined to melt, but do not scorch them or boil them so that they are too hard or firm when set again.

Among preserving conveniences the fruit funnels should not be overlooked; they are bowl-shaped with a wide opening that allows the fruit to go through into the jars without breaking it in pieces.

PLUMS

Among the fall fruits there are none more welcome than the various members of the plum family.

The Damson or Damascene plum takes its name from Damascus, where it grows in perfection and whence it was first made known to us. The greengage plum is called after the Gage family, who first brought it to England from the Monastery of the Chartreuse at Paris.

The Orleans plum is the big yellow one flecked with red and was an original French production. The big blue ones with the filmy white clouds are the Dutch plums.

There is a little plum that is known as the beach plum, for it grows on a rather scrubby bush at the edge of the seashore sand, which makes good jam, jelly or preserve.

In making the preserves of plums the pound of sugar to the pound of fruit is the only sure recipe to follow. If the fruit is pricked with a needle in several places it will not burst or lose its skin, and thus give an uninviting look to the preserves.

Damson Cheese

Wash and pick the stalks from six pounds of damson plums, then put them in the preserving pan, barely covering them with water. Simmer gently over the fire until they are quite soft, stirring them occasionally; when soft beat them through

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a coarse sieve, put the pulp and juice into the preserving kettle, adding their weight in sugar weighed before cooking, and simmer well for two hours, skimming carefully; then draw to a hotter part of the stove and boil a half hour more, briskly stirring and watching carefully until it looks firm enough to jell down when cold, and it seems hard on the spoon. Turn the cheese at once into porcelain jam pots or earthenware molds. When cold, cover down with an oiled paper, then a tissue paper that has been brushed on either side with white of egg, label, and store away.

Plum Paste

Wash and weigh two pounds of plums and the same amount of sugar, put a cup of water on the plums and let them simmer and melt; cook until all are soft, then put through a sieve, add the sugar, boil twenty minutes, watching the paste carefully, then spread on a tin to dry. When dry cut in squares and dust with powdered sugar, then pack in a tin box.

Greengage Sweetmeats

To every pound of fruit allow one pound of sugar and a quarter pint of water. Select perfect fruit not fully ripe and leave the stalks on. Make a syrup of the water and sugar and when ready put in the fruit and boil ten minutes, then remove fruit with a skimmer and set aside; next day heat the syrup and when hot put in the fruit and simmer three minutes, then drain it. Repeat this process for six, days; on the last day put the plums on a fine sieve and place them in a cooling oven to dry; when dry enough pack them in a box with wax paper between the layers. These sweetmeats are good to serve at afternoon functions with ice cream or for decorating cakes or puddings.

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QUINCES

For quince preserves select twelve smooth quinces, wash and wipe the fuzz off carefully, pare, core, and quarter them, throwing them into two quarts of cold water to keep them from turning black. Put the peelings into one quart of water with seeds and cores. Let the quinces come to a boil and cook until tender when tried with a straw; remove carefully to a bowl, add three pints of sugar, one clove, and one thin slice of lemon to the juice, boil and reduce to nearly one half. Put in the quinces and boil gently for five minutes, then seal in jars.

Whatever remains add with two or three smaller quinces to the parings and let them simmer for an hour; remove carefully, strain, and to every pint of juice add three quarters of a pound of sugar, boil the jelly about twenty minutes or until it is the right consistency when tried on a cold plate. Turn into jelly glasses and cover in the usual way when cold and set.

Quince Jam

Quince jam is made by following the same formula as is used for the preserves, except the sugar is added at once and the whole mixture cooked slowly for an hour or more. It must be carefully watched, for any heavy sweet mixture burns readily. It may be packed away in stone crocks for winter use, with the usual protection of brandy paper of parafine covering.

Quince Marmalade

Slice the quinces into the preserving kettle; add enough clear water to float them, and boil until reduced to a pulp, stirring them carefully with a wooden spoon. When done strain through a fine sieve, and add three quarters of a pound of sugar to each pound of pulp; then boil carefully to the consistency of marmalade, and store away in jars,

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first testing on a plate to see if it is ready to jell. When cold in the jars, cover down.

Rhubarb and Orange Jam

Peel one dozen ripe oranges, remove the white pith and the seeds, slice the pulp into a preserving pan, add the rind of half the oranges cut into strips and two pounds of sugar. Peel and cut fine three bunches of rhubarb; let the oranges and sugar melt together; pour boiling water on the rhubarb and let it stand for ten minutes, drain and add the rhubarb to the orange. Cook over an even fire, stirring carefully with a wooden spoon, until the jam is done; remove all the scum as it rises; when partially cool turn the jam into little pots and when thoroughly cold cover down.

For Blueberry Pie

If one goes in for pie fillings, don't forget in the blueberry season to do up some of the big white clouded seedless variety for the purpose, as they are the finest that come to this market, and their season is rather short.

Tangerine Preserves

Remove the skins from three dozen tangerines, separate the segments, pulling away all the white skin, and add to it the pulp of one large grapefruit. Cut the skins fine and boil until tender, then drain and add to the uncooked fruit, adding as much sugar as there is pulp and skin. Cook for half an hour and serve cold.

Grapefruit Marmalade

Two grapefruit, two oranges, two lemons, sugar, water. Time: Preparation, two days; cooking, one hour and a half, about. Cut fruit in quarters; remove seeds, and slice —through pulp and rind—in very thin slices. Use a small board and a very sharp knife. Fruit may be put through food-chopper if preferred, but this is not so good. To each

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pound of fruit add three pints of water. • Place in an enamel or earthen bowl, and let stand for twenty-four hours. Next boil gently until rind is tender. Let stand again for twenty-four hours. To each pound add one pound of sugar and cook slowly until thick and clear. Try by chilling a little on a saucer. Do not overcook. Pour into sterilized glasses or jars, and seal.

Fig Jam

Take two pounds of loose figs, wash, and boil them until tender. When done, chop fine and add one pound of sugar, juice of one lemon, a small cup of spiced vanilla syrup, and a half cup of honey. Let boil, stirring carefully until it begins to jell when tried on a cold plate. Turn into small jars.

Preserved Pumpkin

Cut, pare, and seed one ripe pumpkin, weigh it, and cut it into small pieces. In a deep dish put alternate layers of pumpkin and of sugar, using as many pounds of sugar as there is pumpkin. Pour one gill of lemon juice over the top and let stand for two days. Then boil, adding a half pint of water to each three pounds; when the pumpkin is tender turn all back into the crock and let stand for a few days, then strain off the juice, add a lemon rind and a quarter pound of bruised ginger, and boil the juice down quite thick; skim well and turn it over the pumpkin. This will keep until used in a well covered crock.

Preserved Green Ginger

Soak the ginger for ten days, putting on fresh boiling water every morning and night; then scrape the outside off with a sharp knife, boil it in water until it is quite soft, then cut it into thin slices. Make a syrup of a pound of sugar to a half pint of water, letting a small spice bag boil in it, and when clear add it to the ginger, boil all up together, skim, and put into a crock to cool.

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Preserved Cherries and Pecans

To six pounds of ripe, well washed, and stoned cherries add four pounds of granulated sugar. When all is melted together let come to boiling point slowly and boil, skimming carefully, until the fruit is done. Have ready one pound of carefully shelled and halved pecans, stir them into the fruit, and boil down to the proper consistency, which is reached when the boiling is heavy and smothered. It can be judged by trying a little on a cold plate. It must be very carefully watched and stirred with a wooden spoon or paddle, as it is very apt to burn. When slightly cool it may be turned into a sun-warmed crock, and when cold covered with a linen cloth and the crock cover and set away or it may be sealed in jars, hot, as in the case of the regular preserves.

Almost any nuts except Brazil nuts or pine nuts may be used in this way with any of the seedless fruits, but those nuts having a skin, like hazel nuts and almonds, should be blanched and carefully dried before being added to the preserves.

Gooseberry Jelly

Warm the fruit and squeeze the juice out. Add three quarters of a pound of sugar to a pint of the juice, and like all acid fruits it may require more than the proverbial twenty minutes to boil. Try it on a cold plate, however, to be sure. Jelly, when too stiff, is not inviting.

Preserved Marrow

To five pounds of marrow add five pounds of lump sugar, two ounces of green ginger, the rind and the juice of three lemons, and preserved ginger to taste.

Cut the marrow in squares the size of a walnut, sprinkle slightly with salt, and let it stand for an hour. Drain off the salt and rinse with a little water. Next add the sugar

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and let it stand until the sugar is dissolved. Then boil until the marrow is transparent, probably one hour.

Stew the lemon rind and ginger in a little water until it is sufficiently cooked; then shred the peel. Then put the peel, ginger, and lemon juice together and boil them with the marrow for fifteen minutes before taking up. The juice may be drained from the marrow and boiled gently for half an hour; then put the marrow back into the juice.

The Tutti-Frutti Jar

May is the time to start the tutti-frutti jar, when the first good strawberries come and apricots are in the market. Use for the purpose a deep stone crock which has a tight-fitting cover. Put into it a pint of the best brandy, then add a cup of sugar to each cup of carefully washed and seeded fruit as the season progresses. The brandy is used as a preservative.

After the strawberries, pitted cherries, and apricots have been added, put in a half pint more brandy, then a spice bag, tying a string to it so that it may be drawn out when desired. If it is left in all season it grows unsanitary. Blackberries, raspberries, currants, and gooseberries may be added if one does not object to the small seeds. If one does, a half cup of the juice of each with a quarter of a cup of sugar will give the flavor.

Pineapples and peaches should be used freely, and one thinly sliced and seeded lemon must not be forgotten. In August add a cup of Jamaica rum; then finish filling the jar with the late fruits. Stir carefully as each ingredient is added, using a wooden spatula. When all have been added, put a heavy brandied cloth under the cover and set away in a cool place.

From time to time stir the contents, and in October it may be well to add a little more brandy. This, however, depends on how the fruit has been keeping or how rapidly it is being used. When the best of the fruit has been

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used, strain the syrup, and use the fine fruit that is left in a pudding, and the syrup for sauces or punch.

JELLIES AND JAMS FOR SUMMER

(To be made and eaten during the warm weather)

Pineapple Jelly

Pare and dice four fresh sweet pineapples, add one pint of clear water, and let come slowly to boiling point; let stand at boiling point and gently simmer for half an hour, then cool slightly and strain. To each pint of the juice add three quarters of a pint of sugar, boil twenty minutes, skimming carefully, then turn into jelly glasses. This is good for a salad jelly, or with custard, as well as in cake or sandwich filling.

Apricot Jelly

Wash and halve a four-pound box of apricots, place in a preserve kettle with a pint of water, let slowly melt, and then boil for twenty minutes. Strain through a white strainer so that the fruit may be used up in a pie, then strain the juice again so that it is clear, add three quarters of a pint of sugar to each pint of juice, boil twenty minutes, then fill the little tumblers. This is specially designed to serve with dessert dishes, to garnish ice cream, to serve with fruit salads, or as the center of custards with whipped cream.

Grapefruit Jelly

To three cups of grapefruit juice and pulp add two teaspoons lemon juice, half a cup of sugar, one and a half cups of water, and a heaping tablespoon of gelatine. Put the gelatine and other ingredients into a saucepan, stir over the fire until they almost boil, then strain and add two tablespoons of sherry wine. Turn into a wet mold, let set and chill. Serve with whipped sweetened cream.

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Prune Jelly

Wash the prunes and soak them three hours in cold water, then put them into a small basin, add half a cup of water, cover tightly, and steam until soft. Remove the stones and place the prunes in a wet mold. Put one heaping tablespoon of gelatine into a saucepan, add one cup of water, one cup of sugar, one tablespoon of lemon juice, juice of two oranges, and stir over the fire until the gelatine dissolves, then strain over the prunes. Add a cup of sherry, set away to harden and chill, and serve with whipped sweetened cream.

Mint Jelly

Take a pint of freshly gathered mint leaves, wash, and add to them a quart of water and a cup of tarragon vinegar, two cups of sugar, a half saltspoon of paprika, and a teaspoon of salt; boil gently for twenty minutes. Add a half package of gelatine that has been standing in a little cold water, let all heat and melt, then strain carefully into little glasses to set. This is excellent to serve with cold meats, or to use in fresh cucumber salad with French dressing or mayonnaise.

Rose Leaf Jam

Gather a quantity of fresh red and pink rose leaves when they have unfolded after a recent shower and to every solid pint add a scant pint of sugar. To six pints of the leaves add one quart of distilled water, let all slowly heat and melt. When it reaches the boiling point, stir carefully and boil twenty minutes; turn into little jam pots and when cold cover down for use. This is good to serve with ice cream, for cake filling, or for sandwiches.

Strawberry Jam

To six quarts of prime strawberries add five pounds of sugar, let melt slowly, then boil for a half hour and try on a

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cold plate. Let a spice bag boil with the jam but remove it when jam is done. Turn into little jam pots. An excellent dainty for a breakfast tray, with buttered toast or hot rolls.

Carrot Jam

This jam is excellent to eat with cold meats and is not difficult to make. Scrape and boil one quart of carrots. When very tender, drain them and mash through a colander. Add to the pulp one pound of sugar, the juice of a lemon, a tablespoon of ginger syrup, and a pinch of cinnamon. Boil all together slowly, stirring carefully until it seems to jelly; then turn into small individual jam pots.

JELLIES TO USE WITH FISH

In serving fish, baked, broiled, or boiled, hot or cold, an appropriate savory jelly is always good with it, making an edible as well as an attractive garnish. A sweet or ordinary ready-made jelly is not suitable for the purpose, so it must be made the day before or early in the morning of the day on which it is to be used to give it time to harden.

If the jellies are to be served as a garnish then place each little mold on a toasted crouton; then the hot platter will not melt it. If served as a separate portion it may be molded in a large mold and helped by the spoonful.

Jellies made for this purpose are not always clear like fruit jellies, for, in order to give a better flavor to the jelly, the principal ingredient is put through a purée sieve, which makes the jelly seem more solid and less delicate in appearance. But the flavor will make up for any other seeming lack.

Tomato Jelly

Take one can, or a pound and a half of fresh tomatoes, and put in a saucepan with three cups of water, a sliced onion, a stalk of celery, a bay leaf, two cloves, one tablespoon of ketchup, teaspoon of worcestershire sauce, a saltspoon of pep-

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per, a teaspoon of salt, tablespoon of sugar, three heaping tablespoons of gelatine soaked in a little of the water, and the whites and shells of two eggs. Stir over the fire until the mixture boils, then cover and let it boil gently for eight minutes, then drain through a fine sieve. Pour boiling water through a jelly bag, then strain the jelly through it, add two or three drops of red coloring, and pour into wet molds.

Asparagus Jelly

Drain the water from one can of asparagus tips, add two and a half cups of water, stew until tender, then add the juice of one onion, tablespoon of sugar, juice of half a lemon, a saltspoon of pepper, a teaspoon of salt, a half saltspoon of celery salt, tablespoon of chutney syrup, and three tablespoons of gelatine powder that has been mixed with a little cold water. Stir all together until the gelatine is melted, then strain and mash through a purée sieve. Fill little wet molds and set away to chill. A bunch of fresh green asparagus may be used instead if the tips are cut well back so only the tenderest is cooked. If the fish is to be served cold then each little jelly turned onto a toasted crouton may have a teaspoon of mayonnaise on top with an asparagus tip stuck in it or a spray of fresh watercress.

Rhubarb Jelly

Put one and a half cups of sugar, half a lemon, and a cup of water in a saucepan and bring to boiling point. Then add three pounds of rhubarb cut fine, simmer gently for twenty minutes, then strain, add four heaping tablespoons of gelatine dissolved in a little boiling water; stir until all is smooth, then color a good red and pour into the molds.

Fennel Jelly

To four cups of water add one cup of sugar, three heaping tablespoons of gelatine wet in a little warm water, and the

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whites and shells of two eggs. Stir over a slow fire until it all melts and comes to the boiling point. Boil five minutes, adding a tablespoon of fennel seed (fresh if possible) and enough fennel flavoring to suit the taste; color a delicate green and turn into the wet molds. When serving put a little mayonnaise on top and sprinkle with a little finely chopped pistachio nuts. If the jelly needs straining through the jelly bag do so before putting in the seeds and coloring.

Cucumber Jelly

Pare and remove seeds from four cucumbers and grate them, add four tablespoons of vinegar, half a cup of water, a teaspoon of salt, a saltspoon of pepper, teaspoon of onion juice, one heaping tablespoon of powdered gelatine, moistened with water; pour into a saucepan and stir over moderate heat until the gelatine has dissolved. When slightly cool add a few drops of green Breton coloring to make it delicate green and turn into the wet molds. At serving time each little jelly may be set on a crisp lettuce leaf and have a teaspoon of French dressing turned over it.

Champagne Jelly

Dissolve five heaping tablespoons of gelatine in four cups of water, add one and a half cups of sugar, a cup of sherry wine and a cup of champagne, two cloves, small stick of cinnamon, juice of a small grapefruit, whites and shells of two eggs. Stir until it boils, then allow it to boil gently four minutes, strain through a scalded jelly bag, color a delicate pink, and turn into the wet molds.

Mint Julep or Crème de Menthe Jelly

Take one ounce of powdered agar (flakes or powder), to be procured at any drug store at about twenty-five cents an ounce, add to it one and a half quarts of water and five pounds and four ounces of sugar. Let it come to a boil,

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skim carefully, and test on a cold plate. It will require boiling from fifteen to twenty minutes, according to the atmosphere. When finished remove from the fire and add crème de menthe to taste. Pour into the jelly tumblers, and when cold cover in the usual way.

Proceed in the same way for the mint julep jelly, but bruise enough mint leaves, cleanly washed, to make one cup, and let them marinate in one cup of hot brandy with three cloves for one hour. After the jelly has boiled fifteen minutes, strain the brandy into the mixture, and let it boil for five minutes with the jelly, skimming carefully. When cold cover the tumblers in the usual way.

SOME PICKLING IDEAS AND RECIPES

(What to do and when to do it to obtain the best conserving results)

There are in the art of pickling a few general rules to heed if the best results are to follow the housewife's efforts. First, the articles to be pickled must be the best that the market affords and taken at the season of their prime. The utensils used for vinegar boiling should be of the heavy granite ware, porcelain-lined ware or, better still, the earthen or stone pipkin.

Wooden forks and spoons and silver knives only should be used in the preparation of pickle material. Glass jars, bottles or crocks are the only things to store away the pickles in.

Cider, wine, and tarragon vinegars are the best to use. In the closet and ready for use before the day of pickling is at hand should be fresh spices, both whole and ground; mustard seed, sweet herbs, peppers, whole and ground; salt, sugar, brown and white; ginger root and any of the well known pickle colorings if they are liked. Bottles, jars, labels, sealing wax, and wax paper must be at hand. Then the cook is ready to go ahead.

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Always remember that a bright sunny day is by far the best for pickle making, as the atmosphere has a great deal to do with the keeping properties of conserves.

To Make a Spice Bag

In a square of clean linen cloth place twelve cloves, one stick of broken cinnamon, a half teaspoon of mustard seed, the same amount of celery seed, a broken blade of mace, a quarter of a crushed nutmeg, and a small piece of dried lemon peel. Tie the cloth into a bag, leaving a long string so that it may be dropped into a pot and pulled out again at will.

Quick Pickles

Select fifty little cucumbers of two inches in length and uniform in size, wash, and cover them with cold water to which a generous handful of salt has been added; cover and let stand for twelve hours, wash and pack in a crock. Boil as much cider vinegar as will cover them, adding a spicebag and a small pepper; let boil five minutes, then turn over the pickles and cover tightly. When cold remove the pepper but let the spice bag remain for a week or so. In two days or even before, they are ready for use.

Pickled Surprise

Boil twelve fresh eggs hard and remove the shells. Cut them lengthwise and remove the yolks. Boil six small beets for thirty minutes, then skin and chop them with the egg yolks. Add the juice of one onion, a teaspoon of salt, and a saltspoon of pepper. Fill the egg whites with the mixture and tie together with kitchen tape, then pack into a stone crock. Boil one pint of vinegar with a tablespoon of sugar and a tiny spice bag five minutes and pour over the eggs. These will be ready for use in twenty-four hours.

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Nasturtium Pickles

The pods are ripe from the end of July until the end of August. Gather them on a dry day, put them in a dry glass bottle after wiping them carefully. Fill each bottle with vinegar, six peppercorns, and one ounce of salt. When the bottle is filled, cork and seal tightly and let stand three months before using.

Ladies' Delight Pickle

Put together eight ounces each of chopped onions, pared, cored, and chopped apples, two ounces of chopped chillies or sweet peppers, and place them in a jar. Boil one pint of white vinegar, adding a large spoon of salt. Pour this over the ingredients named and when quite cold, bottle.

Pickled Cherries

Stem four pounds of cherries, wash, and put them in a stone crock. Heat two quarts of vinegar with two pounds of sugar and a spice bag, boil up five minutes, and skim; then pour over the cherries and let them stand covered a week. Drain off the syrup and boil it five minutes more, then turn it back over the cherries and when cold remove the spice bag and cover down tightly.

Ripe Tomato Soy

Wash, pare, and slice one peck of ripe firm tomatoes. Put them into the kettle with eight thinly sliced onions, and a cup of salt. Let them stand twenty-four hours, then drain them. Put them back into the kettle and add two quarts of vinegar, one tablespoon each of ground mustard, ginger, cloves, allspice, and a teaspoon of cayenne pepper. Cook for two and a half hours, then add two pounds of sugar and three quarters of a pound of white mustard seed; allow it to boil for a half hour longer, then turn into a crock to cool.

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Tomato Chutney

Wash and chop one and a half pounds of ripe, firm tomatoes with a pound and three quarters of pared, cored tart apples and a pound and a half of stoned raisins. Put in a kettle with a pound and a half of sugar, two ounces of chopped onion, four ounces of salt, and a saltspoon of cayenne pepper. Add three pints of cider vinegar and one of tarragon, boil for three hours, stirring often, and when done bottle and seal. This makes an excellent sauce to use with cold meat.

Pickled Cauliflowers

Select white, full heads of cauliflower, wash and separate the sprays, lay on flat plates and sprinkle with salt and let stand for three days to draw the water out of them; then pack them in a crock and immerse in boiling water and let stand overnight. Wash and drain and pack into glass jars, putting three cloves and a small red pepper in each jar and covering with vinegar. Rinsed, these make a delightful winter salad. They may also be treated for sweet pickling like the watermelon rind.

Pickled Watermelon Rind

Muskmelon and the citron may be treated in the same way as this popular sweet pickle. Cut the fruit into good serving size, pack in a stone crock, and pour over it enough scalding vinegar to cover it; next morning heat the vinegar again and let stand until cold; then heat once more. Weigh the fruit and to every five pounds of fruit add three of sugar; cloves, cinnamon, and allspice may be tied in a little bag and dropped in with a quart of vinegar. Let all boil together until the fruit is tender; then strain out the fruit and boil down the syrup to one half the quantity. Put the fruit back to heat a minute, then turn into a crock or wide-mouthed bottle.

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Sweet Pickled Peppers

Take seven pounds of ripe red peppers, wash and halve them, and remove the stem end with the seed cone. Put four pounds of sugar, one quart of vinegar, two ounces each of cinnamon and cloves, one thinly sliced lemon, two buds of garlic, and a small piece of green ginger root into the kettle and boil it for five minutes and then put in the peppers. When the peppers are tender, remove them and boil down the syrup until it is rich; remove the garlic and the ginger, put back the peppers and boil up once, and they are ready to put into the crock to cool. If a stalk of celery is allowed to boil while the peppers boil, and is removed when the garlic is, it adds a delicious flavor to the pickle.

Banana Sweet Pickle

This is a good sweet pickle to serve with cold meats. It is much used by the Cubans in Havana, but is a strange dish to northerners. Make a very thick syrup of two cups of sugar and a half cup of water, add to it three tablespoons of vinegar, cloves, allspice, and cinnamon to taste. While the syrup is hot pour it over a half dozen ripe bananas that have been sliced crosswise. Let the pickle stand several hours before serving.

Sweet Pickled Peaches

To seven pounds of peaches allow three and three quarter pounds of sugar, one quart vinegar, two ounces of cloves, and two ounces of stick cinnamon. Boil the sugar and the vinegar with several sticks of the cinnamon for five minutes, then put in the peaches. When they are cooked try them with a straw, take them out and boil the syrup down to one half the quantity, replace the fruit and let it heat through again, but not boil. Two or three cloves may be put into the boiling vinegar, but the rest tie in a little linen bag and throw into the crock, and after a few weeks remove,

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as they get slimy and turn the fruit dark. Put a little of the cinnamon loose, however, in the crock.

Chili Sauce

Chop twenty-five onions, fifty ripe tomatoes, twelve green peppers, a bunch of celery, and a few tarragon leaves very fine; add two quarts of vinegar, three cups of sugar, one tablespoon of allspice, one of cloves, one of cinnamon, one of mace, and three tablespoons of salt. Boil for two and one half hours; then let cool, taste, and add any more flavor required. Heat to boiling point once more to assimilate the flavor, then put in stone crock and cover. It must be carefully watched and stirred with a wooden spoon, for it is thick and heavy and likely to burn.

Southern Pickle

Wash and chop fine without paring eight pounds of green tomatoes. Put in a kettle and boil an hour and a half. Add three pounds of granulated sugar and boil an hour and a half longer, stirring often, so it does not burn. Then add one quart of vinegar, one teaspoon each of ground cinnamon, mace, and cloves, and boil down for twenty minutes; then bottle it and seal carefully.

Tomato Chowchow

Peel and cut fine six large, ripe tomatoes. Chop one onion fine, add it to the tomato with a chopped green pepper, one tablespoon of salt, two of brown sugar, and two cups of vinegar. Stew gently for one hour, stirring carefully so as not to break the tomato too fine. Put away in a stone crock well covered.

Green Tomato Mincemeat

Wash and chop fine one peck of green tomatoes. Drain them free from all water, and put them into the preserving

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kettle with six pounds of brown sugar; boil for four hours. Then add three pounds of stoned and chopped raisins, one pound chopped dates, two tablespoons of cinnamon, one tablespoon of allspice, one ounce of cloves, half of a grated nutmeg, and a level tablespoon of salt. Boil all together for a half hour, stirring thoroughly; then seal hot in jars. This makes delicious winter pies.

Sweet Pickled Vegetable Marrow

Select four or five vegetable marrows, pare, halve, and remove the seeds; cut them in eight or ten pieces each, put in a preserving kettle, and cover with fair water; boil until tender enough to pierce with a splint, then remove from the fire and drain. Make a syrup of two quarts of vinegar, two pounds of brown sugar, two ounces of cloves and two ounces of stick cinnamon, two smooth thinly sliced lemons with the seeds removed, and half a vanilla bean. Boil the syrup for ten minutes, then add the marrow, and cook for ten minutes, skimming carefully. If the syrup is not thick enough, remove the marrow and cook it down a little bit more; then turn it over the marrow in a crock. When cold cover and set away.

Spanish Pickle

Select, wash, and cut the stem end from fifty ripe, firm tomatoes; wash and remove the seeds from twelve green peppers; pare twenty-five red onions, break apart and wash one big bunch of celery; then chop all fine. Add two pounds of brown sugar, four quarts of vinegar, one tablespoon each of allspice, cloves, cinnamon, and mace, two tablespoons of salt, a half teaspoon of cayenne pepper, and one bud of garlic chopped fine with six shalots and the leaves from six stalks of tarragon. Boil evenly for two hours, stirring carefully, for as it gets boiled down thick it catches easily. If not quite thick enough boil another

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half hour; if it is too thick add a small quantity of vinegar and boil at least five minutes after it has been added. When the pickle is cold put away in a crock with a linen cloth over it; then close down the cover and keep in a cool dry place. This is delicious with cold meats.

Sweet Pickled Quinces

Wipe with a soft cloth, pare, core, and quarter three dozen quinces; put them in the preserving kettle, cover them with fair water, and boil evenly until they are tender when a broom splint is stuck into them. Remove, drain, and set aside while making the syrup. For this take two quarts of good vinegar, three pounds of sugar, two ounces of whole cloves, and two ounces of fresh stick cinnamon, broken into two-inch lengths. Boil for ten minutes, skimming carefully, then add the quinces and boil for five minutes; then remove them with a skimmer and put them into an enamel sieve to drain. Boil the syrup down a little, adding what has drained from the fruit and a small piece of green ginger that has been washed clean; turn the fruit into a clean dry crock and turn the syrup over it. When cold, cover and set away in a cool place. In handling the fruit be careful not to break the pieces or the pickle will not look inviting when served.

Tomato Figs

Take six pounds of sugar and sixteen pounds of firm ripe tomatoes which must be scalded to remove their skins. Put them in a preserving kettle and cook them in their own juice until the sugar penetrates and they are clarified; then remove them from the syrup and spread them on dishes, flattening each tomato slightly, and set them in the sun to dry. Occasionally add a small amount of syrup while they are drying. When they are dried pack them down in boxes, sprinkling over each layer a little powdered sugar. The box must be

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lined with waxed paper. Tin, wooden, or even paper boxes will do as long as they are tight. Tomatoes fixed in this manner will make a tempting winter conserve and be an unusual addition to the winter menu.

Mustard Pickle

Let stand in a light brine overnight (a handful of salt to two quarts of water) one quart each of coarsely chopped green tomatoes, large cucumbers cut in inch length pieces, small cucumbers whole, silver-skinned onions pared, two red peppers chopped fine, and one large cauliflower broken into sprays. In the morning drain well and scald, then lay in a crock and pour over the following: two cups of brown sugar, one cup of flour, six tablespoons of dry mustard, one tablespoon of tumeric, one and a half tablespoons of salt, and blend all with two quarts of heated vinegar. Stir constantly over a moderate heat until the mixture thickens, then turn it over the pickles, allowing them to cool. When cold cover down closely.

SUMMER SALAD VINEGARS

To vary the flavoring of the French dressing so popular and generally used for summer salads, one should follow the English fashion of making a stock of flavored vinegars. They are simple to make, and add a flavoring which is impossible to get in any other way in the dressing used from day to day.

Garlic or Shalot Vinegar

The garlic vinegar is made by putting into a quart of white vinegar two ounces of minced garlic. The shalot vinegar is made in the same way, using two ounces of minced shalot. After standing three weeks, these vinegars, if not used by that time, may be strained and turned back into the bottle, lest they become too strongly flavored.

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Horseradish Vinegar

Take three ounces of freshly scraped horseradish, a saltspoon of cayenne pepper, one ounce of finely chopped shalots, and add them to a quart of good vinegar. Pour into a clean bottle, cork tightly, and label. Strain as it is used.

Cress or Celery Vinegar

To one quart of fresh cider vinegar add a half ounce of crushed cress seed, with a half saltspoon of cayenne pepper. If it is desired to make this stronger, then three tablespoons of chopped, fresh cress may be put into the vinegar first and brought to boiling point, then carefully strained out, and when the vinegar is cold the seed may be added and it may be bottled. The celery seed is used in the same way and the same idea may be carried out with the fresh celery but it is not as good as to use only the seed, for without it is kept in a cold place and used soon after being made it is apt to ferment.

Chili Vinegar

Put fifty carefully washed and bruised little sweet peppers into a quart of the finest vinegar; let them stand one month, then strain, put in one fresh pepper and a pinch of cayenne, and bottle again for use.

Sweet Spiced Vinegar

To a quart and a pint of cider vinegar add one pound of brown sugar, a thinly sliced lemon, a teaspoon of cloves, a handful of broken cinnamon sticks, a tiny piece of green ginger, carefully washed; turn into a porcelain-lined kettle, and when melted together boil ten minutes, skimming carefully; simmer slowly five minutes, remove from the fire, and when cold bottle and cork. This is excellent to add

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to almost any of the different salads where fruit is used, but of course in a small quantity.

Beet, tarragon, mint, and fennel vinegar are all well known and are nice to have on the pantry shelf.

RECIPES FOR HOME-MADE KETCHUPS

With all the good condiments that are offered in the shops it seems as though one need not bother with making them at home, but on the other hand if one has a productive kitchen garden or orchard, the materials are ripe and in quantity and it is wanton waste not to use them. The suburban housewife has more time to do these things than the city dweller and also more room to make and store them in; besides, doing a great deal of entertaining, she uses more things of this sort.

Good ketchups are always acceptable with cold meats or fish, and it is wise to have several kinds stowed away to choose from.

Tomato Ketchup

Wash one peck of ripe, firm tomatoes and cut off the stem end; place in a porcelain kettle with one pint of cold water and cook until they are very soft, then strain first through a colander, then through a sieve, Return to the kettle and add one tablespoon of salt, one of ground pepper, one of ground cloves, one teaspoon of cayenne pepper, a quarter pound of dry mustard, and a tablespoon of celery seed tied in a muslin bag. Boil for four hours, stirring occasionally. The last hour when it is thick stir almost constantly, then turn into a crock and when perfectly cold add one pint of strong vinegar, remove the celery seed, stir, bottle, cork, and seal. Keep in a cool, dark, and dry place.

Mushroom Ketchup

Choose one peck of freshly picked mushroom flaps that have been gathered on a dry day. Wash them carefully and

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place a layer in a deep crock, sprinkle salt on them, then another layer of mushrooms, and so on until they are all used. Let them stand a few hours, then break them with the hands and put in a cool place for three days, occasionally stirring and mashing them to extract as much juice as possible. Then measure the quantity of liquor without draining off the mushrooms and add to each quart a half ounce of ground ginger, a half ounce of allspice, a quarter ounce of cayenne pepper, and two blades of mace. Put all into a jar or jars, set into boiling water and let boil for three hours. Turn into a porcelain kettle and let simmer for a half hour, turn into a jug and let stand overnight, then pour it off into another jug, strain, and pour into very clean dry bottles. All this is done to leave the sediment, so do not squeeze or press the mushrooms. Cork and seal. It should be looked at occasionally and if it is not keeping well remove and boil over, adding a few whole peppercorns.

Grape Ketchup

Select, wash, and stem five pounds of ripe Isabella grapes, place them in the kettle with a pint of cold water, let heat slowly, then boil until the grapes are done; strain through a colander and after the kettle is rinsed return the juice to it and add one pint of vinegar, two and a half pounds of sugar, one teaspoon each of pepper, cinnamon, cloves, allspice, and a half teaspoon of salt. Boil until slightly thickened, then bottle, cork, and seal.

Liver Ketchup

This is rather unusual in the sauce line, but epicures delight in its use especially with cold game. Take one fresh beef liver and rub it well with salt, place in a crock, and rub and turn it daily in the salt for a week; then mince it into small dice and boil it in a gallon of water closely covered until reduced to three quarts. Strain through a sieve and let settle and cool until next day. Add one ounce of

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ground ginger, one ounce of allspice, two ounces of whole black pepper, and boil slowly until reduced one half. When cold, bottle and seal.

Walnut Ketchup

In early August the walnuts are young and soft and are just right for this use. Take one hundred walnuts, slightly bruise them, and put them into a crock with a quart of vinegar and a handful of salt. Let them stand for a week, stirring them daily. Then drain off the liquor and boil it with a quarter ounce each of mace, nutmeg, cloves, and whole black peppercorns; a small piece of horseradish, twenty shalots, a quarter pound of anchovies; boil for a half hour, then bottle, cork, and seal.

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INVALID COOKERY

THE art of invalid cookery seems to be one that is woefully neglected, and when the need arises for its use, even in a slight degree, it seems to puzzle most people to decide what to get or how to cook the article. Little and often is the way to feed most convalescents, and to keep things both palatable and nourishing at the same time takes considerable intelligent thought.

The fruits allowable usually are the baked apples and stewed prunes, white grapes seeded, cut in half, and dropped on cracked ice. The fresh orange pulp freed from all skin or the grapefruit pulp treated in the same way make a drink as well as food.

For the Sick Room

Eggs must be absolutely beyond reproach for use in the sick room. They may be used in eggnog, sherry and egg, soft boiled, or the white delicately poached. The yolk being the fat of the egg, is not always considered light enough for the invalid stomach. The white dropped into a glass of ice water, but not stirred, and fed spoon by spoon is a favorite way, especially for children. It is well never to make things in large quantity, for the invalid appetite is so capricious that it may weary of a delicacy after one taste.

Modern science has put into jars, bottles, and cans all manner of broths and dainties, but the things that are really best appreciated are the little things that are made at home. Everything that goes to the invalid should be as dainty as possible, and be removed as soon as the invalid is finished

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with it. Broths are always a standby, and possibly the following recipes may aid the inexperienced in preparing them.

Clam Broth

Wash twenty-five round clams and cover them with half a cup of cold water, cover and let slowly come to a boil. When all are steamed open, strain off the liquor and it is ready for use. It may be hot or chilled. The clams can be put into a cream dressing and served as a luncheon dish for the well ones of the family. In this way nothing goes to waste.

Chicken Broth

Take one fresh fowl, prepared and jointed carefully, and place it in a kettle with one quart of water. Simmer gently, skimming carefully until the meat leaves the bones. Remove the meat and add juice of a tiny onion, one stalk of celery, pepper, salt, and the bones. Simmer half an hour, strain, and when cold remove all grease and it is ready to use as needed. Rice may be boiled and a teaspoon added as it is needed; if it is not all used at once it is apt to sour.

Mutton Broth

One pound of the scrag end of the neck of mutton is needed for this, and two pints of water, salt, and pepper. Skim carefully, let cook one hour, strain, and cool. When cold remove every particle of fat and it is ready for use. Pearl barley may be boiled in fair water and added as it is needed, if it is liked.

Gruels

Corn meal, arrowroot, and rice gruel are all made in the same way by mixing two tablespoons of meal in cold water and simmering gently an hour or more, straining and adding a gill of cream and a tiny bit of butter.

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FOOD HINTS

Clam, oyster, and eel broths are all nourishing and refreshing if the patient likes them.

In reheating broths only heat as much as the patient needs at one time; never heat a second time the same broth.

Breads for the invalid's use should be "pulled" or toasted and stale.

Daintily broiled chicken, steak, lamb chops, squab, quail, oysters, and sweetbreads are among the best of fare for invalids. Boiled tripe, calves' liver, and frogs' legs are easily digested.

Wine Jelly

Soak in half a pint of cold water one box of gelatine; put with one pint of sherry, one pint of sugar, one pint of water, one clove, the rind of one lemon, and the beaten whites of two eggs in a saucepan over the fire, stir for ten minutes and when it bubbles move back but keep at boiling point for half an hour; strain into molds and put on ice.

Invalids' Jelly

Soak and scrub twelve shanks of mutton in cold water, put them with one pound of lean beef, three quarts of water, one onion, a bunch of sweet herbs, pepper, salt, bay leaf, one clove, a slice of toast, and two blades of mace into a stewpan, and simmer for five hours. Strain and when cold remove all grease. Use part as jelly and part as soup, heating and adding a little macaroni that has been boiled.

Orange Jelly

Dissolve one half box of gelatine in half a cup of cold water; take the pulp and juice of six oranges and two lemons and one cup of sugar; stir all together and add one cup of boiling water, stir well, strain into molds and chill. Lemon and pineapple jellies may be made in the same way, only add a dash of rum to the pineapple.

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Stewed Calf's Foot

Carefully clean a calf's foot and stew three hours in a pint of milk and a pint of water, with the rind of half a lemon, one blade of mace, one minced onion, pepper, and salt. Just before serving, remove meat from bones and add half a cup of cream. Serve with sippets of toast.

Fresh Codfish

Boil a two-pound piece of fresh cod twenty minutes, remove all skin and bones, lightly shred with a silver fork, make a rich cream sauce, pour over the fish, and serve on toast.

Stewed Cutlet

Have the cutlet cut from the loin or ribs of mutton, removing all fat. Put in a stewpan with two cups of water, a stalk of celery cut fine, half an onion minced, and stew two hours, skimming all fat that rises to the surface. Take out the cutlet, strain the gravy over it, and serve hot.

Asparagus Pudding

Wash and boil one bunch of green asparagus twenty minutes. Cut the green heads from the stalks, beat four eggs into one cup of milk, add half a cup of cracker crumbs mixed with two tablespoons of flour, one ounce of butter, half a cup of the asparagus water, salt, and pepper; put in a baking dish and bake half an hour or until brown.

NOURISHING DRINKS

If cups or tumblers "slop over" their contents are uninviting; the rims of cups and glasses should be absolutely dry and the saucers dry also. Straws are often a comfort, as well as the drinking "ducks" and short-handled spoons. Ice should never be put into the invalid's glass, but things to be

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served cold should be chilled before serving. Here are some nourishing or cooling liquid foods and beverages, as they are best prepared for invalids.

Nourishing Lemonade

One and a half pints of boiling water, the juice of four lemons, the rinds of two, half a pint of sherry, four eggs, six ounces of loaf sugar. Pare thinly the rinds of two lemons, put in a jug with the sugar, and turn over the hot water; let it cool, then add the wine, lemon juice, and beaten eggs; mix well, strain, and set away to cool.

Egg Wine

One egg, one glass of sherry, sugar, and grated nutmeg to taste. Beat the egg with a tablespoon of water; mix the wine and half a glass of water and heat it, but do not let it boil; pour over the egg, stirring all the time; add the sugar and the nutmeg; place on gentle fire in a clean pan and stir one way until it thickens; do not boil it. Serve in a glass with crisp wafers.

Barley Gruel

Two ounces of pearl barley, half a pint of port, the rind of one lemon, sugar to taste. Wash the barley well and boil it in half a pint of water a quarter of an hour; strain off the water and add a quart of boiling water; let boil until reduced to one half; strain and add the wine, sugar, and lemon peel; simmer five minutes, then strain into a clean jug and put away to cool. It may be warmed as needed or served cold.

Toast Water

Over one slice of carefully made toast pour one quart of boiling water, let cool and strain, and it is ready for use. For a very delicate person or a child the white of an egg broken into a glass of toast water, not stirred or beaten, is very nourishing.

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Pineapple Fizz

To the juice of one pineapple add four tablespoons of powdered sugar and the juice of one lemon, chill on ice; to a quarter of a glass of the mixture add vichy to fill the glass. A most refreshing drink. Vichy may also be used with milk.

Milk punch and eggnog are excellent if the milk is rich and the eggs are fresh. Cold consommé is a good standby if well made, and a little good sherry is added just before serving. Mulled wine, if served very hot and spicy and made with strained honey instead of sugar, is the influenza drink par excellence.

Wine Whey

Scald one cup of milk, add one cup of wine, cook gently until it wheys; strain through cheese cloth; chill, and serve.

Corn Meal Gruel

Mix one tablespoon of yellow corn meal, half a teaspoon of salt, and two tablespoons of cold water; simmer gently for one hour. In the serving bowl put two tablespoons of rich cream and one lump of sugar; strain in the gruel, stir, and serve. Arrowroot gruel is made the same way, only cooked ten minutes instead of an hour.

Nutritious Coffee

Grind half an ounce of good coffee, and add it to one pint of hot milk; boil three minutes, add one well beaten egg; strain into cup containing one lump of sugar.

Tea

If tea is used, be sure that it is infused with fresh water that has just come to a boil; never boil tea; never let it stand more than three minutes on the leaves and never warm it over. The best way is to pour it off into a second hot teapot, in which it may be kept hot as long as desired.

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FOR RHEUMATIC DIETS

(Menus are offered from which suggestions may be culled to plan other meals for persons so afflicted)

Breakfast

Baked Apple and Cream
Farina
Whites of Eggs, Poached on Toast; Strips of Crisp Bacon
Cocoa

It is well for people past middle life who are troubled with rheumatism to drink plenty of pure water. A large cup of either cold or warm lithia water taken before breakfast is often advised. The apples—large, juicy ones—should be baked till soft, though not mushy, and dusted lightly with sugar.

Be sure that the cereal is thoroughly cooked and serve it hot or jellied with cream.

A little crisp bacon is allowed, while other pork products are barred. Avoid the use of the yolks of the eggs, but poach the whites and serve them on slices of whole wheat bread toasted and buttered with sweet butter. Make the cocoa with part milk and part water, using saccharine tablets to sweeten it.

Luncheon

Chicken Consommé, Toast Fingers
Creamed Codfish. Boiled Asparagus
Boiled Rice and Apple Jelly
Milk, Cold or Hot

Chicken consommé, made in the usual way, should be served hot. Have the toast fingers well dried and serve without butter.

Thicken the cream for the cold flaked boiled cod with butter and flour rubbed to a smooth paste. Serve the boiled asparagus on toast with a little butter, salt, and pepper.

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The rice should be boiled till quite soft. Add a little fresh butter and salt to it and a little cream, if desired. A dessertspoon of apple jelly will add to the attractiveness. Milk, hot or cold, may be served, or any of the good table waters, though it is best for the patient to drink as little as possible during meals.

Dinner

Green Pea Soup
Broiled Chicken. Baked Potatoes. String Beans. Lettuce Salad. Toasted Whole Wheat Crackers
Prune Soufflé. Black Coffee

One pint of green split peas well washed, two quarts cold water, three sliced onions, one thin slice of bacon with its rind for flavor are used for the soup. Cover tightly and cook several hours, mash through a purée sieve, season, and serve with toast squares.

Be sure that the chickens for broiling are young and tender. Season them with butter, pepper, and salt and garnish with watercress. When the potatoes begin to shrivel in the oven prick each one with a steel fork in two or three places to let out the gas. Boil the string beans after careful stringing, drain thoroughly; season with butter, pepper, and salt.

After carefully washing and drying the lettuce, serve with a dressing made of three tablespoons of olive oil to one of lemon juice, a dash of pepper and pinch of salt. Toast the whole wheat crackers and spread lightly with fresh butter or cover them with a little sour cream.

Stone fresh stewed prunes that have been cooked without sugar. Chop enough to make one cup, add the whites of three well beaten eggs whipped light, and bake in lightly buttered baking dish until it puffs up. Serve hot or cold with cream. No sugar or milk is allowed with the coffee.

Home Nursing

There are many little points for those who are nursing in

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the home to know that are of the utmost importance for the comfort of the ill, besides the preparation of the invalid's tray and the food that goes on it.

The absolute cleanliness of the room is a necessity, prompt removal of soiled dishes and glasses, empty bottles, soiled linen and fading flowers, while no strong odored fruits should be allowed to stand in the room a moment.

Remember to shield the light from the patient day or night. Oil squeaking door hinges and soap the sills and edges if the door sticks. If a coal stoye is used put the coal in paper bags and put one on the fire when needed.

Gently, but firmly, restrict all friendly visits to fifteen minutes, if allowed at all, and suggest that the visitors introduce only pleasant topics into their conversation while they stay.

Never stand over an invalid's bed and consult with another about food, or, in fact, anything that concerns him or her, for it makes the invalid nervous and irritable. It is enough to worry about those things when one is able to walk about, but on the flat of one's back it is torture.

Realizing the great power of mind in these days the cheerful nurse is the only one to have—one who seems a tower of strength to the weak one. If asked to read the paper pick out the newsy bright articles, speak distinctly, and do not rattle the paper needlessly.

When feeding invalids with a spoon sit close enough to do it deftly, so that they are not afraid of being choked or drenched by its contents.

When the patient is ready for the night let the nurse be ready for quiet also and not fidget around until the patient is wide-awake and nervous.

Never startle an ill person by coming from behind him; always come toward him, and speak naturally and quietly lest he grow confused as to one's identity. It worries the weak to keep clearly the persons in mind about them if there are a number coming and going.

Do not attempt to stir a patient into a lively sense of

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gratitude for flowers, fruit, and so on sent by friends, but keep the cards, as it is amusing to answer them during the convalescent period.

Bells, clocks, pianos, or any noise that annoys should be guarded against.

The advent of the tray is always an interesting event in the patient's day and to prepare it is a great art. It must be exquisitely dainty so that it seems appetizing, and small portions only served at a time lest the sight of too much turn the patient's desire.

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RECOMMENDED CHILDREN'S DIETS

HERE is the ideal diet for a child from eighteen months to two years:

Breakfast

Juice of one sweet orange, one half hour before eating; cereal with top milk, glass of milk, and bread and butter. Cream of wheat, farina, oatmeal or hominy preparations well cooked will do. The bread should be at least a day old and the butter sweet.

Forenoon

A glass of milk with two toasted biscuits, graham crackers, or zwieback.

Dinner

Soup or broth thickened with peas, sago, or rice, or vegetable soup with yolk of egg, or soft boiled egg with bread crumbs, and a glass of milk. Plain puddings, like rice, bread, tapioca, blanc-mange, junket, or custard.

Beef juice with bread crumbs is often used instead of the soups, eggs, or broths. Apple sauce and prune pulp may be used instead of the puddings. The total amount of milk the child should have during the twenty-four hours is one and a half quarts.

The beef juice is easily extracted by means of any of the simple squeezers after the beef has been slightly warmed to start the juice flowing.

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The yolk of egg is added to the clear vegetable soup to give it body, and the vegetables should be the best and freshest that can be procured.

Supper

A glass of milk, warm or cold, zwieback, and custard or stewed fruit. This is a light meal, for bedtime follows close upon it and a sleepy baby is not apt to be a hungry baby, so it does not demand either quantity or variety.

A good diet for a child from two to three years old:

Breakfast

Juice of one sweet orange. Farina with top milk (sixteen ounces) or a soft boiled egg and toast. Glass of milk.

If the orange is not available or the child likes a change, one ounce of pineapple juice (fresh or canned) or the pulp of six stewed prunes or apple given a half hour before breakfast.

Dinner

Chicken soup, or mutton or beef broth thickened with arrowroot, split peas, or rice. Scraped beef or white meat of chicken, or baked potato and fresh peas. Rice pudding.

Broiled fish may be used as a change from the chicken meat or the scraped beef. Spinach or carrots may be used instead of peas, but all must be carefully cooked. Baked apple, apple sauce, junket, or custard may be offered to vary the pudding.

Supper

Cream of wheat, or egg with toast. Stewed fruit.

Bread and milk, bread and cocoa, or bread and custard may be used in turn, for breakfast.

A sample menu for the child from three to five years old, approved by the New York City Board of Health:

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Breakfast

Stewed prunes.
Boiled hominy, cream, and sugar.
Soft boiled egg, toast, cocoa.

The more rigorously the diet for the child from three to six years is governed the more freedom there will be from the usual childish disorders. The prunes should be stewed absolutely tender, and but a very small amount of sugar added to them. The hominy must be well cooked and salted, and only a small amount of sugar and thin cream used over it.

The egg, soft boiled, and the toast, carefully made and lightly buttered with fresh butter, or pulled bread, if the child is tired of toast, must be served immediately that they are ready. The cocoa may be made with half milk, half water, if the child is inclined to be of a bilious temperament; otherwise all milk and as little sugar as will content the child's sweet taste should be used.

Dinner

Beef soup, toast fingers.
Lamb chops, broiled; baked potato, string beans.
Fresh lettuce.
Rice pudding.

The beef soup that has been made with the vegetables should be allowed to stand and get cold, so that the grease may be taken from the top. Then heat only enough with the vegetables for the child's one plate. Have the toast fingers dry and crisp.

Broil the chops delicately, sprinkle with salt, and add a little fresh butter. Remove the baked potato from the skin, mash lightly with a fork, add a little fresh butter and salt and a few drops of cream. See that the beans have been carefully strung and well boiled in fair water; do not add any seasoning until they are drained, and then only a little fresh butter and salt.

Wash thoroughly fresh, crisp lettuce leaves; take a table-

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spoon of olive oil, salt, and the juice of a lemon and sprinkle lightly over the salad. This dressing will be enough for two days. No vinegar or pepper should be used for a child of this age. Remember the taste is not sufficiently cultivated to miss it, and the little stomach will be much better off without it.

The rice pudding should be made creamy and soft, and there is no objection to having a few large seeded raisins in it. It may be served hot or cold, as the child likes it best. If possible, do not offer anything to drink with this meal, but if it is demanded use a little cool, but not iced, spring water.

Supper

Milk toast.
Stewed fruit, custard.
Glass of milk.

Cut the crusts off, toast the bread slices evenly, and lay them in the dish; heat a pint of fresh milk, add a pinch of salt and sugar, a small lump of butter. Thicken slightly with a little cornstarch, if the child prefers; turn it over the toast and serve immediately.

The stewed fruit may be of any kind which the child fancies, with a little light cream over it. A cup custard or a dish of plain boiled custard that has been chilled makes a most satisfactory dessert.

As children usually rise early, it is a long time from their breakfast to the 1 o'clock luncheon hour, so at half past ten it is better to let them have a thin jelly sandwich and a glass of milk. Again at about three is an excellent time for some home-made cookies and a glass of the juice of some fresh fruit.

Five Meals Served a Day

The half past five dinner will make five times that the child has been fed since seven, but with so much judgment and understanding that he has had just enough to eat,

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and comfortably clothed and allowed the proper amount of bathing and sleep he should thrive.

Though it may startle some women, it is generally acknowledged that ice cream is one of the best and most healthful things a child can eat, that is, if it is made of pure cream and sugar, flavored delicately with the soft inside part of the vanilla bean. As much flavoring as can rest on the point of a small knife will flavor a whole quart of cream.

As to cake, the lightest of sponge cake, with or without jelly, gingerbread, zweiback, and home-made cookies furnish quite a sufficient variety.

Too much cannot be said against cheap candy. The exposure of its frightful adulterations ought to frighten even the most careless mother and to have broken the pernicious "penny" habit.

The best is the cheapest in the end and the wise mother will buy the best she can find. Clear, hard candy is very good and should be given to the child little by little as he may crave for it.

Irritability will not be found manifested to any great extent in a child who is systematically cared for, whose stomach is satisfied, who has plenty of sleep and enough air, and who is gently directed rather than forced into the way he should go.

Simple Menus the Best

These menus will be helpful for the mother to start with:

BREAKFAST—7 A.M.

Moulded Cereal (Gluten), with Prunes and Cream
Soft Boiled Eggs, Buttered Toast
Cocoa

WEE BITE—10.30 A.M.

Currant Jelly Sandwich and Glass of Milk

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LUNCHEON—1 P.M.

Bouillon, Toast Fingers
Broiled Lamb Chops, Baked Potato
Lettuce, Simple Dressing
Tapioca Pudding

WEE BITE—3 P.M.

Cookies and Fruit Juice Drink

DINNER—5.30 P.M.

Creamed Chicken on Toast
Baked Custard. Zweiback. Milk

No fried food or hot bread is considered good for a child to eat. He should be fed whole wheat bread a day old, white bread toasted; graham and brown bread occasionally for variety, and a few of the crackers which the market offers.

A child seems naturally fond of unsalted butter, and it is better for him than the salted.

The Right Salad Dressing

For the various lettuces which are good for the child a dressing may be made of a few drops of olive oil, salt, and lemon juice, or a light mayonnaise dressing, made without mustard, if the child likes it. Oil is excellent for the health if used freely, but had best be dropped if disliked, a point for the mother to watch and decide upon herself, as no rule will work in all cases.

General Feeding

Whites of eggs poached are delicate and often liked, where the yolk will be refused. All well cooked vegetables simply dressed may be added in turn to the simple menu. A little rare roast beef and now and then a tender steak at noonday, roast lamb and chicken cooked in different ways are always well liked by children. Cream vegetable soups,

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clam and oyster broth, broiled fresh fish or baked bluefish and potatoes, baked or creamed, are good and wholesome. There is nothing more easily digested than stewed tripe or creamed sweetbreads, if the child likes them. Broiled squab is another favorite with almost all children.

CHILDREN'S FAVORITE DISHES

Of course, there are always things that wise mothers think that their children should eat whether they like them or not, simply because tradition and the family doctor say so; but the more modern idea is that the food that is not taken with a relish because it tastes good does not nourish the system or gratify the small person in any way. Children's tastes, though simpler than grown people's, are just as decided, and their loathings and likes are just as pronounced. It is said that the taste changes every seven years; and in that case why worry? The child who refuses to eat eggs, fruit, or fish to-day will turn to them when he feels the need for them, or in some way the taste is aroused for them.

There seems to be an almost universal liking for sweets among normal children, and the only difficulty is to turn this liking into the safest channels. Milk and cocoa seem to be the favorite beverages, with lemonade or orangeade for a cold drink. Ice cream is usually popular, especially vanilla and chocolate. Fish, strong flavored vegetables, highly seasoned meats, or very rich salads are rarely liked by children. The recipes given are for a few general favorites, and the little menu is good for a children's luncheon party.

Menu

Chicken Bouillon. Finger Rolls
French Chops. Peas. Mashed Potatoes
Fruit Salad
Vanilla Ice Cream. Sponge Cake
Cocoa

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The bouillon may be served hot or cold, the chops delicately broiled and the peas served around them, and the mashed potato should be beaten up very light and creamy. The fruit salad may be made with a good mayonnaise made without mustard, or with a creamy boiled dressing which is allowed to cool before using it on the salad. The ice cream is the best ever if made at home, the real boiled custard sort being immensely popular with the little people, while sponge cake, lady fingers, and the cooky family seem to be proprietary dainties of childhood.

Rice Soup

Throw four ounces of well washed Patna rice into boiling water and let it boil five minutes. Then pour into a sieve and allow it to drain well. Then add it to two quarts of boiling white stock. Add salt, pepper, and a pinch of mace. Just before it goes to table put a few spoons of whipped cream over the top and serve with toasted bread sippets.

Tapioca, though best known associated with pudding history, is a most excellent soup medium as well. It is made from the pith of the cassava tree, native to the East Indies and Brazil. Its nutritive properties are great and especially adapted to delicate digestions.

Tapioca Soup

Put five ounces of tapioca into two quarts of cold white stock and bring it gradually to a boil. Simmer for an hour or longer until it is tender. Season to taste, and just before serving add a wineglass of good sherry and serve with dry toast fingers.

In using chops for the nursery folks the lamb chops delicately broiled are the only sort used. The small Hamburg steaks or meat cakes for the older children should be made, after the steak has been properly chopped, into small cakes thicker at the edges than in the center that they may cook through more thoroughly. They are of course

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broiled. Fresh and stewed fruits are highly recommended, and plenty of lettuce dressed with a French dressing made with lemon juice instead of vinegar, or eaten with salt.

There is nothing more unhappy than a soggy baked potato, or anything nicer than one that is rightly cooked. After washing the potato, and removing the eyes if it is an old one, place it on the oven rack when the oven is advancing in heat, and after a few minutes turn it over so that it bakes evenly, trying to avoid its bursting if possible. This happens of course when the starch begins to swell and the skin tightens under the pressure. When the potato feels soft and done remove it with a cloth and gently press it all over so as to loosen all the potato from the shell, then when it is broken open the steam rushes out, and the potato is light and mealy. The layer nearest the skin is where the starch lies and this is what makes the skin of the baked potato so good to eat.

Creamed Potatoes

Boil six smooth potatoes until done, then dice them, make a rich cream sauce, add the potatoes long enough to warm through, and serve garnished with toast sippets and parsley.

Cinnamon Toast

Children who refuse the ordinary dry toast will like cinnamon toast, which is made by toasting slices of bread, buttering, and spreading with a mixture of one tablespoon of sugar to one half teaspoon of cinnamon. Serve it hot.

Cream Toast

All children like cream toast. To make it, melt in a double boiler a heaping tablespoon of butter, rub in smoothly a slightly rounding tablespoon of flour, and stir in slowly one cup of hot milk or thin cream, and a pinch of salt. Cook till creamy, stirring constantly. Place the hot, dry

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toast on a hot platter, pour the cream sauce over it, and serve very hot.

Venetian Zwieback

Take the yolks of four eggs and half a pound of sugar; beat together, add the beaten snow of four whites of eggs, with half a cup of cake flour, and bake in a small buttered pan. When baked and cool, cut in thin slices or fingers, spread on a baking sheet, and put in the cooling oven to dry. Delicious to serve with iced custards or preserves.

CHILDREN'S DESSERTS

Fresh fruits are the choice for the foundation of most of the desserts for children. Of these apples, peaches, and grapes are first choice, with bananas and oranges next, and stewed fruits following. Pears are not good for the younger children, because they ferment in the stomach. Fruit soufflés should be avoided because eggs cooked in this form are apt to be indigestible for small stomachs.

If children can be taught to lightly sprinkle their bananas with salt they will be easier digested than with sugar and cream. Here are some ways in which fruit can be prepared for children.

Jellied Grapes

Wash two bunches of grapes, then plunge them into boiling water for half a minute. Remove skins and seeds, leaving a cup of pulp. Make a syrup of half a cup of sugar and a cup of water, add grapes and a tablespoon of Cox's gelatine that has soaked in cold water. Let thoroughly melt and boil up, then turn into a mold.

Apple Custard

Make a good custard, turn into a mold to chill. Dice one large ripe apple and boil it in clear water a few minutes,

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—do not let the dice lose their shape,—drain, and when cold put on top of the custard and cover with whipped cream.

Rice and Peaches

Take boiled rice and place an inch deep in the mold. Pare, halve, and boil ripe peaches ten minutes in vanilla syrup, then place on a wire sieve to drain. When cold lay on the molded rice and cover with whipped cream.

Macédoine Fruit

To a cup and a half of vanilla syrup add a cup of cut peaches, sliced banana, a few seeded grapes, six half apricots. Boil ten minutes, then add a tablespoon of gelatine that has soaked in water, let melt, and boil up; then mold. Serve with sponge cake but no cream.

Nutted Prunes

Stew large prunes the usual way. When cold remove the stones carefully, placing a blanched almond in each cavity. Pile on sauce plates and serve with sweet cream and sponge cakes.

Apple Tapioca

Core and bake large ripe apples, filling the center with sugar. When cold have ready some boiled pearl tapioca, which should be seasoned with sugar and vanilla. Coat the apples with it and set away to chill. Serve with or without whipped cream as the child best likes it. A lemon sauce is sometimes used made of a cup of water to three quarters of a cup of sugar boiled until it is like syrup and then adding the juice of a lemon.

Peaches Bavaroise

Peel and halve six ripe peaches and boil in vanilla syrup until they are tender, then drain on wire sieve. Boil a

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quarter of a pint of milk, add beaten yolks of two eggs, return to fire, and cook long enough to slightly bind the eggs. Add two tablespoons of sugar and four leaves of gelatine that has soaked in cold water, mix well until all is melted, then strain into a bowl. When the custard is cool add a quarter of a pint of whipped cream. Dice a slice of pineapple, halve and stone a handful of cherries, flavor with a tablespoon of maraschino, and add to the custard. Pour it into a deep dish to set. When cold place the peaches in a ring on the top, with a cup of whipped cream in the center, and serve with apricot syrup.

Molded Prunes

Boil a pound of large French prunes. When cool stone them and slip in a blanched almond in place of the stone. Make a good wine sauce, arrange in a mold with the prunes, put in a cold place to set and chill. Make a boiled custard, using the whites of the eggs to make the kisses to put over the top. Chill this also, and when ready to serve place the jelly on a plate and pour the custard around it, putting three of the kisses on top as decoration.

Prune Soufflé

The soufflé may be made by stoning a cup and a half of stewed prunes and chopping them fine. Add the beaten whites of four eggs, two teaspoons of powdered sugar, whip very light, and turn into a pudding dish which has been very slightly greased. Bake until it puffs up, then remove from the oven and serve with whipped cream.

Apple Float

Beat till stiff the whites of two eggs, add sugar, and mix lightly with two cups of very smooth apple sauce; set away to chill. Make a smooth custard and chill that also; then place the apple mixture in the center of the dish and turn the custard around it.

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Children's Pudding

A Christmas pudding for children has the following ingredients:

One pound of flour, one pound of bread crumbs, three quarters of a pound of stoned raisins, three quarters of a pound of currants carefully washed, three quarters of a pound of finely chopped suet, two ounces of candied peel chopped, one teaspoon of powdered allspice, half a saltspoon of salt, and a teaspoon of vanilla. Beat well together, adding sufficient milk to make it of the right consistency. Cover it with a floured cloth and boil for at least five hours. Serve with a hard sauce flavored with vanilla, and garnish with holly.

Children's Vanilla Cream

One quart of pure cream, a half cup of sugar that has been melted with a tablespoon of hot water and allowed to cool; scrape from the inside of the vanilla bean as much of the soft center as would fill half a saltspoon, add it to the mixture, and freeze. If this cream is to be used for an invalid, the sugar is left out entirely, and it thereby makes the purest cream known and most nourishing.

French Peach Cream

Take two quarts of ripe peaches, or a dozen good sized peaches, pare, cut fine, and sprinkle with one pint of sugar. Stand in a cool place one hour; then add one quart of cream and freeze. When almost hard, add the whites of two stiffly beaten eggs, beat well, pack in individual molds, and lay in salt and ice until needed. If the cream is to be left in the large mold, cover and leave to ripen until needed.

Biscuit Glacé

To one and a half pints of cream add the beaten yolks of eight eggs, twelve ounces of sugar and one tablespoon

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of extract of vanilla. Place on the stove and stir the mixture until it begins to thicken, then strain through a sieve into the freezer. When nearly frozen, mix in six ounces of crisp macaroons that have been rolled to a powder, and a teaspoon of vanilla flavoring. Cover tightly, finish freezing, and let ripen until needed.

SIMPLE CAKES FOR CHILDREN

Who is there that cannot recall the fascinating odor which floated from the old-fashioned kitchen on baking days; when not one only but a round half dozen of pies were baked in the oven at once, then drawn out with a "peel" to rest and cool on the pantry shelves? In those days when asked about the day's baking the cook would say that she had made a "sheet" of sponge cake, a "crock " of doughnuts, a "card" of gingerbread, a "square" of pound cake, and a "baking" of seed cakes. Just a few of the old recipes may prove of value to modern mothers.

Sponge Cake

Break one dozen eggs into a large mixing bowl without separating, and add two cups of powdered sugar. Set this into a pan of boiling water and keep near the front of the range where it will stay at the same temperature. Beat with an egg-beater one half hour, then remove from the range and stir in the grated rind and juice of one lemon, and a cup of flour; pour into buttered chimney pans and bake in a moderate oven. Test with a broom splint and when done invert the pans and let cool before removing the cake.

Berwick Sponge Cake

Beat the yolks of six eggs very light with three cups of powdered sugar, add four cups of flour sifted three times, one teaspoon of soda, two of cream tartar, juice of half a lemon, then fold in the stiffly beaten whites of the six eggs and last of all add one cup of cold water. Bake in a quick oven.

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Soft Gingerbread

Two cups of sifted flour and one and a half teaspoons of baking powder; sift this into one cup of molasses, a half cup of sugar, a half cup of sweet milk, a half cup of butter, and two eggs; mix thoroughly and add one level tablespoon of ground ginger, one teaspoon of allspice, and a little nutmeg. Bake in a lightly buttered shallow pan.

Favorite Cookies

Cream two cups of sugar with one cup of butter, two well beaten eggs, three quarters of a cup of milk, a pinch of salt, five cups of sifted flour, and a heaping teaspoon of baking powder. Mix thoroughly, roll out thinly, cut in fancy shapes, and bake in buttered tin in a quick oven.

Crullers

A cup and a half of sugar, two tablespoons of butter, three eggs, a large cup of rich milk, three cups of flour, two teaspoons of baking powder and one of salt. Cut into rounds with a hole in the center and fry in hot deep fat. When done drain and sprinkle with powdered sugar and pack away in a crock when cold.

Seed Cookies

Beat in a mixing bowl one egg, adding slowly one cup of granulated sugar, then one half cup of fresh milk, three and one half cups of flour, and one heaping teaspoon of baking powder. Stir well and add a half cup of melted butter, and a heaping teaspoon of caraway or fennel seed. Beat well, then drop into a buttered dripping pan, smoothing it with the hand, sprinkle with sugar, and bake. When cold cut in small squares and pack in a covered crock to keep a bit moist.

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Ginger Snaps

One half cup of butter, one cup of sugar, one cup of molasses, one tablespoon of freshly ground ginger, two teaspoons of baking powder, and flour enough to make a dough to roll, cut and bake.

Jelly Sandwiches

Make two layer cakes after the simple recipe of one small cup of butter, two cups of sugar, three cups of flour and four eggs, a teaspoon and a half of baking powder, teaspoon of vanilla flavoring, and a cup of sweet milk. This amount will make three layers. When baked split two of the layers, then spread with good jam or jelly, put on the other layer, cut them into squares, and sprinkle with powdered sugar. Put in a cake box to keep moist. The other layer may be frosted and cut into squares for a plain cake.

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EASY RECIPES FOR THE LITTLE COOK

NEVER has there been a little girl who did not like to cook or help with household tasks if she were given the least encouragement, and especially if her mother would really use the things she cooked.

Here are just a few dishes, easy and inexpensive, to start her recipe book, and, with a little patient supervision by mother or cook during the first making and a careful writing down of the recipe, surely the second attempt will be very easy and result in the perfect product.

Simple Tomato Soup

Turn one can of tomatoes and one can of water into a clean saucepan. Pare one carrot, one small turnip, one potato, wash them in cold water, cut them into dice, and put them into the saucepan. Take one stalk of celery, a little bunch of parsley, wash clean and chop fine and put into the soup. Next take one pound of top round steak (ask the butcher to cut it in little squares with his sharp knife), then add that, with a dash of pepper, a teaspoon of salt, and cover the saucepan. After the soup has boiled gently for half an hour, add a cup of hot water, then let it cook for another hour, then it is ready for luncheon. Meantime take two slices of bread and cut them into little squares, lay them on a clean tin plate, and slip them into the oven to dry and toast. They are fine to eat with the soup.

Broiled Chops and Potatoes

Lay six little chops on the gridiron and broil them over the coals. Turn first on one side, then on the other, until they

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are done; then carefully lay them on a warm platter, putting a little butter, pepper, and salt on each one, and set them on the edge of the oven to wait. Pare and slice lengthways four cold boiled potatoes, take a little piece of buttered paper and grease the wires of the gridiron, then broil the potatoes just as the chops were broiled, only watch them carefully for they burn quickly. When they are done lay them around the chops, putting butter, pepper, and salt on each, and lay a few sprays of fresh crisp parsley on the dish where it looks the prettiest.

Spring Salad

Take all the white leaves of a nice crisp head of lettuce and wash them carefully; line the salad bowl with the largest leaves, cut the rest in pieces with the kitchen scissors. Count two dozen bright red radishes, wash them carefully, cut off the tails and tops, and slice them thin; take one nice cucumber, pare and slice it very thin, mix all together and lay in the center of the salad dish. Now take three tablespoons of olive oil, just a little pepper, a saltspoon of salt, a tablespoon of tarragon vinegar, mix carefully and turn over the salad. Serve at once.

Brown Betty Pudding

Put into a chopping bowl enough stale bread so that when it is chopped up there will be two cups. Pare, quarter, and core enough apples to make a cup and a half when they are chopped fine, mix them with the bread and a cup of sugar, a grating of nutmeg, and turn them into a well buttered baking dish. Bake until they are a delicate brown.

Now for the pudding sauce, take one cup of sugar and a half cup of butter, let them stand where it is warm for a few minutes, then with a strong spoon carefully cream them together. When they are all creamy and smooth add a half teaspoon of vanilla flavoring and a grating of nutmeg, pile

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in a little bowl, and put in a cool place until the pudding is done and ready to serve.

Quick Muffins

One heaping cup of flour, three quarters of a teaspoon of baking powder, teaspoon of sugar, and a half teaspoon of salt. Mix all together and beat one egg in a cup of milk; mix this with the flour, then add enough plain milk to make a thick batter,—mother will tell you when it is just right. Butter little muffin pans and fill them half full, then bake them about fifteen minutes, according to the oven.

Junket

Take one quart of milk and warm it but do not scald it. Add to it a teaspoon of Shinns liquid rennet, a half a cup of sugar, and a dessertspoon of vanilla flavoring. Turn into a mold and set aside in a cool place to firm.

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CHILDREN'S PARTIES

FOR wee people early parties are considered best by thoughtful mothers, for then regular suppers and habits are not interfered with; so from 3 to 6 o'clock is the favorite time. The invitations are generally written by the mother, as hostess, but the children's party paper may be used if preferred.

For children from six to ten years old the games chosen must be selected with an eye to keeping all amused at the same time.

In many instances there is a Punch and Judy show, a prestidigitator, or an expert with a stereopticon or moving picture machine. Sometimes a woman professional plans and leads the games. Where this is not done, then the mother has to be the leading spirit.

For a Dutch party the table centerpiece is a big windmill Jack Horner pie, filled with little gifts in toys and other reminders of Holland. The refreshments include a number of cakes and cookies made from Holland recipes, with real honey loaf sandwiches. The costumes are those familiar to us in Dutch paintings.

An appropriate fall party is a "Puritan party," to which the girls come in gray gowns and white kerchiefs, and the boys garbed like diminutive William Penns. The games for this party include a corn-shelling contest, winding yarn on spindles, and a number of old-fashioned games which are new to this generation. The refreshments are marble cake and doughnuts served with floating island.

For older children there are travel parties which have a little educational note running through them. Animal parties are especially pleasing to boys, and they glory in

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having on a dangerous animal headpiece which strikes terror to the hearts of little girls. For the centerpiece in this case an elephant is the "Pie" and the favors are stowed away in the elaborate carrying saddle on his ample back.

The salmagundi idea solves the difficulty of keeping all amused at the same time. At each table, at which four children play, is a different game. There is a first and a second prize table, and the winners advance after each game. Parchesi, jackstraws, table baseball, Uncle Sam's mail, mixed pickles, puzzle building, electric questioner, and any of the new games that will be found in variety in the toy shops may be used. Then, after a game of blind man's buff, magical music, or "throw the handkerchief," they will be glad to sit down for their refreshments, which should be ready at 4.45 o'clock, so that they may have a little fun afterward with their mottoes and prizes before it is time to start for home.

While the games are going on, if the children are thirsty it is a good idea to serve pure water with a light flavoring of natural fruit juice. Orange, lemon, pineapple, or grape juice will do nicely.

Mother Goose or the vegetable place cards create much merriment, and with a huge Jack Horner pie for a centerpiece and favors at each plate, the bonbon baskets, cake baskets, silver sandwich plates, plates and napkins, the necessary flat ware and glasses will be sufficient on the table. The favors should be of some slight value, so that they may be kept as souvenirs.

There is nothing in the following simple menu suggested that can possibly upset the children, and the only harm it will do is to destroy the appetite for the simple dinner or tea when they get home.

Menu

Small Cups of Bouillon with Toast Fingers
Breast of Chicken, Sandwiches, Cocoa
Vanilla Ice Cream, Chocolate or Fruit Sauce
Cake, Bonbons, Favors

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Make the bouillon in the usual way, adding a spoon of whipped cream as it is served and put a toast finger on each saucer.

The sandwiches may have any of the various fillings that appeal to children. For instance, cream cheese, orange marmalade, minced chicken, minced tongue, chopped watercress and sweet butter, and finely minced roast beef with salt are all popular.

The refreshments offered for the parties of younger children whose invitations read "from 3 to 5" are rather simple, and are served in buffet fashion. For those invited "from 4 to 7" it is best to seat the guests at the table and have a light dinner. If light refreshments only are served, they will probably be hungry when they return home. This is their regular supper time, and they will be unusually hungry with all the excitement.

Buffet Menu

Small Cups of Bouillon, with Toast Fingers
Chicken Salad, Apple and Celery Salad, Fruit Salad
Sandwiches, Cocoa
Vanilla Ice Cream, Choice of Sauces, Cake
Bonbons, Fruit Favors

The refreshments for the little ones should be served at four o'clock so as not to interfere with the dinner later on. Make the bouillon the usual way. Use a good deal of celery with the chicken salad, and make light mayonnaise without mustard. The same applies to the celery and apple salad. A little pineapple juice added to the dressing improves the flavor. The fruit salad, after it is chilled, may be dusted with sugar or a cold boiled dressing may be used. The sandwiches can be filled with varied fillings children like—cream cheese and orange marmalade, cream cheese with purée of chestnuts, minced chicken with mayonnaise, minced tongue with spinach mustard, chopped watercress

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and sweet butter, chopped banana with lemon juice and sugar. The breads may be varied, and whole wheat, rye, and gluten be used, cut thin and the crusts removed. Cut into fancy shapes before buttering.

For small children the plain cakes, macaroons, and lady fingers are most wholesome. Bonbons will add all the extreme sweet that the feast demands. If fruit is served grapes and bananas will be least troublesome to small guests.

Dinner Refreshments

Chicken Bouillon, Whipped Cream
Creamed Codfish Baked in Ramekins
Chicken Croquettes, Peas, Creamed Sweetbreads
Baked Potatoes, Rolls
Lettuce, Cream Cheese, Walnut Salad
Floating Island, Ice Cream
Bonbons, Fruit

Shred the codfish (cold boiled) and cream it, put it into buttered ramekins and bake. A choice of the croquettes and sweetbreads will be expressed by the small guests, but all love baked potatoes and little hot raised rolls, buttered with fresh butter. Take a package of cream cheese, add salt, a little pepper, a dash of sugar, and enough sweet cream to make a paste, work in a tablespoon of chopped walnuts, make into balls, sticking a half walnut on either side. Drop on lettuce leaves and make the mayonnaise with the walnut oil, instead of the olive oil, garnish with olives and rings of the whites of eggs, cold boiled. All young people are fond of floating island. Many prefer it to ice cream. After the rich, boiled custard is made, use the whites of four or six eggs, beaten stiff with a little sugar, then baked or rather browned a couple of minutes in the oven. They are more decorative and have more flavor than if they were raw.

French vanilla cream is best to serve, and chocolate and strawberry sauces will be choice enough.

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The folding candy store is an English favor. When opened it stands upright, has a counter, and looks like a real store inside. Candy containers representing candy fruits, life size, are passed like the real thing, and candy charlotte russe, pie, and other desserts are served like the real thing, on candy plates with a candy fork. This always creates much merriment.

Paper favors come in great variety. The vegetables are very natural in appearance and each contains a little favor. A great, big red radish eighteen inches long contains eight favors, while a pineapple twenty-seven inches tall and large around in proportion contains sixteen gifts.

Among other favors of interest are packages of Russian ninepins, Russian nested toys, toy wooden barrels with carved figures dancing on top and containing miniature tea sets; tiny hand-crocheted dolls in characteristic costumes, small accordions with a witch and a cat dancing on top, and black cats whose green eyes light electrically when their tail is pinched.

Baskets of all kinds to fill with candy include little market and laundry baskets; tiny flower-trimmed hat boxes, ribbon-tied, contain one favor each. There are also flower pots of roses with each blossom holding a snap favor, and barnyard animal favors of all descriptions.

Dainty fairies are used for place cards, and are very airy and quite decorative. Chicken place cards are in high favor, and a wreath of roses with a fairy in the center, which hangs from the water glass, is most attractive.

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SCHOOL LUNCHEONS

WITH the beginning of the autumn school days, the mother's problem of what to put in the daily lunch-baskets of her children that will be at once nourishing, inviting, and simple to prepare, again confronts her.

The putting-up of lunches is, with a growing family, as endless a task, apparently, as the daily housework, yet it can be lightened a bit by a little consistent planning ahead, such as at an odd free moment sitting down, and, with paper and pencil in hand, mapping out a few general lunches, that may be varied as materials on hand may suggest, and it will be a wonderful help when the time comes.

Boys want everything simple and quickly to be disposed of, so the folding lunch-box and a paper napkin are all they are willing to stand for, in the way of the decencies of life. Little girls, however, enjoy the modern baskets that are fitted up with the little white ware plate, cup, knife, fork, and spoon, and the milk bottle with the glass screwed on the top. The comfort quite compensates them for the trouble of packing up the dishes for the return trip. Of course, the paper napkins and wax paper are necessities and should be bought early in the season, in quantity.

All home-made jams, jellies, and pickles are the most wholesome; and in making cake, the sponge cake, gingerbread, raisin pound cake, and cookies will be found most acceptable. They will not be so quickly tired of, and are easier packed than the layer variety.

The little individual puddings made in ramekins, such as rice, prune, tapioca, or custard, make an agreeable change and are quite popular. Sandwich bread should be at least

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one day old before using, so it must be ordered ahead of time. The butter must be soft enough to spread easily, but never should be melted. If it is wished to have the sandwiches richer than ordinary, add whipped cream to the butter and beat it lightly with a fork.

Nuts, olives, bonbons, or home-made candy may be in turn the daily "surprise," and are welcome always to the child. Fruits of all kinds, lettuce, and all the green things that are to be had are healthy, and appetizing as well.

Eggs must be used with discretion, and not too often, as they are apt to become distasteful, thus cutting off a valuable food product from the list. They may be deviled, hard-boiled, fried, or chopped in mayonnaise, for sandwich use. Tartlets or individual pies are great favorites, also, with children. Cream cheese and Swiss cheese are liked by most children, boys especially, and will not be objected to by sensible mothers as a one-time change used occasionally.

If the joints of cold fowls are put in the lunch, wrap them in wax paper, and don't forget a little paper of pepper and salt mixed, to go with them. If cold boiled eggs are given, peel them and wrap them in wax paper the same way, for they keep perfectly fresh and are so much less trouble to the child. Now, the cold meat sandwiches should be thin, the meat sliced thin and evenly laid on, and the butter not too thickly spread; ham, lamb, tongue, rare beef, chicken, and turkey are all good for this kind of sandwiches.

The minced fillings are also very popular with children, and may be varied by adding chopped nuts, olives, celery, peppers, or chow-chow with almost any kind of cold meat.

If sardines, salmon, cold codfish, lobster, or crab meat is liked, add pepper, salt, and lemon juice, which is better than the richer dressings. The crisp fried bacon sandwich, or even the "frankfurter and roll," are not to be despised when in search for a hurry-up variety on a busy day. The adding of condiments to the fillings must be done according to what the mother thinks on the subject, as there

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are a great many who feel prejudiced against highly seasoned food for children, so the sauces may be added or left as she thinks fit.

Simple chicken salad, fruit salads, or vegetable salads are usually liked by children, and may be carried in the little paper pail, which when empty can be thrown away. Despite the newer things for luncheon purposes, the sandwich will also be called upon to do its duty, and may be invitingly varied by means of white, rye, whole wheat, raisin, brown, and gluten breads. The fillings are also legion from which to choose.

Too great importance cannot be attached to fresh fruit, which it is almost always easy to procure, for even in the winter months bananas, oranges, and certain kinds of apples are plentiful and cheap.

Do not forget that a little "surprise" for each day's luncheon always delights a child, no matter of what it may consist.

Fish Fancy

Shred one cup of boiled codfish and let it stand for twenty minutes in French dressing, to which the juice of one large onion has been added; then drain and add one hard-boiled egg and three olives chopped fine. Add enough mayonnaise to make a spreading paste, use whole-wheat bread cut in triangles, and serve with a spray of watercress on top.

Vegetable Macédoine

Take one bottle of macédoine vegetables and boil in fair water until done enough to mash. Then add juice of an onion, a half saltspoon of pepper, a saltspoon of salt, and a rounding teaspoon of butter. When cool, add a gill of whipped cream and beat to a paste. Lay upon rye bread, cut in heart shape.

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Surprise Sandwich

Put two cups of freshly stewed green peas through the purée sieve, add a teaspoon of butter, a half saltspoon of pepper and a saltspoon of salt, and a teaspoon of cream; let cool, then add two tablespoons of grated pineapple and if the mixture is not quite thin enough to spread, add a little cream. Use gluten bread cut in rounds.

Ham and Chow-Chow

Chop cold boiled ham very fine and chop one third as much chow-chow pickle; blend together and add a little of the mustard the pickles are put up in; use rye bread.

Sweetbread and Chestnut Paste

Parboil a pair of sweetbreads in slightly salted water. Cool, and chop fine, adding pepper and salt. Make from any reliable recipe a chestnut sauce. Add the sweetbreads and let cool in a small square mold. Slice thin and lay up with white bread, cut in rounds.

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SANDWICHES FOR ALL OCCASIONS

SANDWICH bread a day old, whole wheat bread, and rye loaf are the best for sandwich use. Fresh beaten butter with a little whipped cream added is the next consideration. If the sandwiches are to be kept, place them in a damp linen cloth in a cool place; if to be packed and carried, wrap them in wax paper and place them in a tin box.

Be sure that all materials are at hand before beginning to make the sandwiches. Cutters for ordinary use are round, oblong, square, fish-tailed, and leaf-shaped. Those popular for card parties are in diamonds, hearts, clubs, and spades. Rolled and ribbon-tied sandwiches are also made.

The bread-crusts, trimmings, and leftover odds and ends from sandwich making if thrown into a stewpan with a can of tomatoes and a bunch of savory herbs will make a good stock for sauces.

Some of the new sandwiches have no cover. If they do, they often have a figure cut out of the cover and an olive, cherry, or a teaspoon of mayonnaise placed in the hole.

If celery, lettuce, olives, peppers, or cress are to be used they should be allowed to chill before using. Tomatoes and fruit are also pared and chilled.

Chicken livers, sweetbreads, chicken, or shellfish should be boiled and cooled before using. Mayonnaise dressing is best made heavy and must be cold.

Now a word as to the use of brown bread. The slices should be cut thick and a loaf one day old is all right for ordinary use. Bread having a close grain and no raisins in it is the most satisfactory.

Nuts should be blanched, and chopped or ground before

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they are needed. Fish pastes can be made in the morning and are all the better for seasoning through.

Tongue and Horseradish

Mince finely one cup of fresh boiled tongue. Add to it a teaspoon of freshly grated horseradish, a few drops of tarragon, and enough whipped cream to make a spreading paste. Use whole wheat bread, cut in heart shape.

Beef and Raisin Paste

Take two slices of rare roast beef free from fiber and fat, seed four large raisins, three olives, one tiny stalk of celery, chop all together very fine. Add a few drops of onion juice, a saltspoon of pepper, a saltspoon of salt, and a teaspoon of English mustard. Mix all to a paste, spread lightly on buttered slice, lay over three or four sprays of watercress and the top slice.

Spanish Paste

Three olives, one red Spanish pepper, a chicken liver that has been boiled and cooled, a thin slice of boiled ham, minced all together very fine, and add one tablespoon of cream cheese, the juice of an onion, a half saltspoon of salt, and a saltspoon of pepper, and mix all into a smooth paste; if not quite moist enough add one spoon of whipped cream. Keep cool until ready for use, cut in diamond or triangle shapes, and garnish with cress.

Oyster Sandwich

Take a pint of oysters, drain, and let the liquor come to a boil. When it boils, drop in the oysters, let them stay until the beard curls, then remove from the fire and drain. Let the oysters get cold, but do not chill them. When ready to lay up the sandwiches, mix the oysters with heavy mayonnaise and lay four oysters on the sandwich square.

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After laying on the top slice cut it square and garnish with cross strips of red pepper.

Tuna Sandwich

Flake a small can of tunafish, add a tablespoon of chopped watercress, and allow it to marinate in French dressing, to which the juice of an onion has been added. Drain carefully and lay on thinly spread rye rounds. Garnish with thin strips of red pepper.

Minced Cold Roast Beef

Mince the beef, then season with pepper, salt, a teaspoon of mustard sauce, and a teaspoon of chopped tarragon leaves. Lay upon rye bread.

Hot Biscuit Chicken Mayonnaise

Chop the breast of a chicken quite fine with six olives, a strip of pepper, and a tiny stalk of celery. Add mayonnaise to make a good paste and season to taste. Before doing this, make tiny raised biscuit, tear them apart, spread, and add the filling. Serve hot on a lettuce leaf. Sweetbreads are delicious used in the same way.

Chicken Liver Sandwich

Take the livers, gizzards, and hearts of three chickens that have been boiled tender and chop them very fine, add one stalk of celery, one gherkin, a strip of green pepper, three olives, and two tablespoons of walnut meats, all chopped fine. Then moisten one package of cream cheese with cream, add a saltspoon of pepper, a half teaspoon of salt, a tablespoon of chutney syrup and work all smoothly together, using as much sweet cream as is needed to make a good spreading paste. Lay up the sandwiches on white bread.

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Chicken and Cress

Take the dark meat of the chicken left from the salad, chop fine, add a saltspoon of pepper, a half teaspoon of salt, two tablespoons of chopped watercress and the juice of an onion; mix well, and when ready to make the sandwiches use rye bread and add heavy mayonnaise to make a spreading paste of the mixture.

Sausage Surprise

Fry some good sausage until a delicate brown. Drain and chop fine; then mix with enough smooth, tart apple sauce to make a paste. Add a saltspoon of salt and a half saltspoon of pepper and lay up with thinly sliced bread. Garnish with cress.

Baked Bean Sandwich

Take one cup of baked beans, mash them fine, add a half saltspoon of pepper, a saltspoon of salt, a teaspoon of tarragon vinegar, and a tablespoon of ketchup. Spread lightly on white bread and serve garnished with a little roll of grilled bacon. It will be an improvement if the beans are put through a purée sieve, as all the skins will be removed before the condiments are added.

Bavarian Sandwiches

Boil one firm head of cauliflower until tender, though it should not be allowed in any way to fall apart. When cold slice it in thin slices, dredge with flour, and fry in very hot butter until a delicate brown; sprinkle with pepper and salt and lay on blotting paper to drain. When cold spread on thin slices of brown bread with fresh butter and cut wedge-shaped.

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Minced Chicken and Mayonnaise

Mince the chicken and add a tablespoon of chopped celery and enough mayonnaise to make a spreading mixture. Make sandwiches with white bread.

Broiled Tomato Rounds

Dip slices of fresh, firm tomatoes in eggs and crumbs and then brush with melted butter. Broil carefully and sandwich between rye bread rounds.

Minced Tongue and Marmalade

To a half a cup of minced tongue add two tablespoons of orange marmalade, mix to a paste, and spread on thin slices of graham bread.

Codettes

Take a cup of fresh cold boiled codfish, flake with a fork, season with a saltspoon of pepper, the same amount of salt, a teaspoon of lemon juice, and a little tomato ketchup; mix well and spread on a lettuce leaf between thinly buttered rye slices.

Roquefort Ryes

Take a quarter pound of fresh Roquefort cheese and add whipped cream enough to make a spreading paste, add a quarter saltspoon of red pepper and spread on thin buttered slices of rye bread, cut heart shape, and garnish with cress.

SWEET SANDWICHES

Marshmallow Sandwich

To two tablespoons of orange marmalade add two tablespoons of finely chopped nuts and a cup of marshmallow whip. Cut brown bread rounds, lay on a leaf of white

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lettuce, and spread with the marshmallow mixture. These are very rich and will have to be eaten with a fork.

Rose Jam Sandwiches

Lay the sandwiches up with rye bread cut very thin and before spreading the jam cut the pieces petal shaped. Put the sandwiches on a lace doily and lay one pink rose on the side of the plate as a garnish.

Frosted Sandwich

Use white bread cut in oblong shapes spread with rhubarb jelly. Frost the top of each with vanilla soft frosting and allow it to stand a few minutes and dry before serving; put a blanched almond on the top of each sandwich.

Fresh fruit sandwiches are also newcomers and this is the way they are made (the proportions here given will make about two dozen little sandwiches each):

Apple Disks

Slice and core a large Greening apple and fry in hot lard, drain on brown paper, sprinkle with a little salt, and lay on bread rounds while hot.

Strawberry Sandwich

Wash, hull, and cut fine one quart of firm but ripe strawberries; sprinkle with powdered sugar and place in a little white enamel strainer over a bowl to chill until ready to make the sandwiches. Cut white bread thin, spread lightly, and after cutting it in any desired shape, fill with the berry mixture. Serve individually with a fork and as soon after they are made as possible, before the fruit has time to stain and soften the bread. Grated pineapple, seeded and chopped cherries, apricots, and peaches may all be served in this way. Rhubarb jelly, gooseberry jelly,

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red raspberry, blackberry, elderberry, mulberry, quince, green grape, mint, and rose may be combined with cream cheese or roquefort, with whole wheat bread. These are all delicious.

Banana Sandwiches

Slice the bananas thin and let them marinate in lemon juice, sugar, and a dash of nutmeg for half an hour, then drain and roll in chopped nuts and spread on whole wheat bread.

Apple Butter and Cheese

Mix with one package of cream cheese, two tablespoons of apple butter and a tablespoon of chopped nuts, add a little cream if the paste is not soft enough to spread, and lay upon gluten bread.

Apple Sauce and Brown Bread

Add to a little good apple sauce a tablespoon of chopped nuts, butter the bread rounds with fresh butter, and spread with the mixture.

Pineapple and Cream Cheese

Soften a package of cream cheese with a little sweet cream, add a saltspoon of salt, a tablespoon of sugar and two tablespoons of freshly grated pineapple. Use with gluten bread.

Cocoanut Sandwich

Take three tablespoons of grated cocoanut and add a teaspoon of chopped red pepper to it with a teaspoon of chutney syrup and enough mayonnaise to make the whole into a spreading paste. Lay upon thinly sliced, unbuttered whole wheat rounds.

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Prune Sandwich

Stew a pound of very large prunes in the usual way, adding a very little sugar. When done drain and allow them to cool, remove the pits, chop them fine, and add one cup of finely chopped pecans. Roll fine one dozen dry macaroons and add them to the mixture with enough strained honey to make a spreading paste. Make the sandwiches with rye bread and cut them in horseshoe shape.

Marron Sandwich Filling

Drain and pass through a sieve a half pint of preserved marrons; add to them a cream cheese and enough sweet cream to make a spreading paste; add pepper, salt, and three tablespoons of pineapple grated, and a teaspoon of grated English cheese; spread on thin rye bread rounds and serve with afternoon tea or with a good fruit salad.

Minnehaha Filling

Chop fine one cup of large seeded raisins, three quarters of a cup of nut meats, and one little branch of preserved Canton ginger, using a little of the ginger syrup to bind the mixture. Spread on gluten bread, cut into diamonds, smear the top of each very lightly with a little of the ginger syrup, and dust with finely ground nut meats.

Orange Sandwich Filling

Add to one package of cream cheese a tablespoon of Roquefort cheese, a half teaspoon of salt, and a quarter saltspoon of red pepper. Then add enough sweet cream to make a paste and two tablespoons of orange marmalade which has the strips of peel through it. Use this with rye bread cut very thin and without butter. Cut in fancy shapes.

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Pear Sandwich

Pare and remove the seed from one pear, mash the pulp smooth, rub in one teaspoon of olive oil, and add a saltspoon of salt, a half saltspoon of pepper, the juice of half a lemon, and a tablespoon of chutney syrup. Spread upon thin whole wheat bread, and cut into rounds.

Mallow Whips

Beat a half pint of marshmallow whip (which comes prepared) with a tablespoon each of chopped raisins, dates, and walnuts, and one spray of preserved ginger. Spread on thin rounds of white bread and garnish with little strips of candied lemon peel.

Brandylines

Take one brandied peach, chop, and drain; add a half cake of cream cheese and enough whipped cream to make a spreading paste. Lay on white thin rounds, and garnish with strips of angelica.

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CAMP COOKERY

THE main secrets of good meals in camp are to have a proper fire, good materials, and to understand the art of properly putting them together. The popularity of automobile trekking has shown the itinerant camper the advisability of learning some of the camper's secrets especially the selection of a good camping ground, always near fresh water, and the correct making of the camp fire.

The automobile has made picnicking the year around a possibility. It has taken the place of the horse and wagon as the motor boat has replaced the old rowboat, enabling the picnickers to reach their destination in half the time once consumed in the journey, and making possible many more comforts than ever before.

The trekking picnickers of to-day take along an automobile tent, which is quickly and easily pitched, as the car forms part of its supports; it is so arranged that it forms a wind shield or an agreeable shade around the luncheon party. In this shelter a ground cloth is spread which, though light, is waterproof; on it the folding table is opened, around the table folding stools are set.

The camp fire is built in front of the tent and this is the proper method to follow in building it:

To Build the Camp Fire

Take sound hard wood either green or dead, and split it into sticks of uniform thickness, say one and a quarter inch face. Lay down two bed sticks, cross these near the ends with two others, and so on up until you have a pen a foot

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high. Start a fire in the pen. Then cover it with a layer of parallel sticks laid an inch apart. Cross this with a similar layer at right angles, and so upward for another foot. The free draft will make a roaring fire and all will burn down to coals together. This method of fire building will give a bed of coals in a short time, which is what the short-time camper desires.

Frying

Do not try to fry over a flaming fire or a deep bed of coals. Rake a thin layer of coals out in front of the fire; or, for a quick meal, make your fire of small dry sticks, no thicker than your finger, then boil water for the coffee over the flame and do the frying over the quickly formed coals.

Broiling

Broil when there is not time to roast, before a bed of glowing coals; the gridiron with legs will raise the meat or fish the proper distance from the fire.

Roasting

Build a rather large fire of split hard wood against a high backlog or wall of rocks which will reflect the heat forward. Place the article to be roasted in the folding oven, close to the fire, and proceed as you would when baking in an oven. Baste the meat frequently with a long-handled spoon, turning it once during the roasting.

The camp fire, built in front of the tent, has every convenience to aid in preparing the meal. There are the folding oven, the gridiron with folding legs, and the nested cooking utensils with adjustable handles. A small self-cooker, holding one gallon of chicken fricassee, or any other hot meat dish, has its own place on the automobile, and when the picnic ground is reached there is nothing to do but serve the hot dish.

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Inventors, too, have been busy, with the result that paper plates, cups, finger bowls and little baking cups, napkins, towels and dish cloths, tablecloths, wax and asbestos paper are all available for camp use, doing away with heavy dishes to wash and bother with. Thermos bottles, porcelain salad-carriers, cases with ice chests in them, and a dozen and one other conveniences now are offered that make the outing a picnic in every sense of the word.

Folding canvas pails are used for carrying water, and a couple of light-weight sleeping bags, that roll tightly and need but little room, are cozy for an outdoor nap, with blankets and air pillows, especially if children are in the party. Altogether, with three or four seven-passenger machines, all loaded with congenial friends and plenty of good eatables, the winter trekking party is a very jolly affair.

Concentrated soups are good to take along, if the weather is cold, for one package makes ten plates with the addition of the necessary water.

Bouillon may be taken in jars, made rich enough to jell or thin enough to use hot or cold.

Sandwiches and salads, and all the other picnic good things, are prepared at home and packed in hampers. The foods to be cooked over the camp fire are packed in a hamper by themselves; they may include squabs, all trussed and ready for the broiler; creamed oysters, ready to reheat when the pâté shells have been warmed; potatoes to bake, tiny mince pies to be heated, individual meat or game pies, and any other good thing the outdoor hostess thinks her guests may enjoy. She can depend upon the thermos bottles to carry all the hot drinks, including the bouillon.

Sandwich fillings for outdoor eating are not as dainty, perhaps, as those for indoor functions, for the fresh air makes one too hungry to be particular. Here are a few tried and trusty ones that everyone will enjoy, and that in the open are most appetizing.

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Onion Filling

Slice very thinly the needed amount of Spanish onions, dust them with salt, pepper, and a few drops of lemon juice. Cut the crusts from square slices of whole wheat bread and smear very thinly with anchovy paste, then lay on the onion. In making these sandwiches, pâté de foie gras may be used instead of the anchovy paste if desired.

Savory Filling

Take one cream cheese and add to it a chicken liver that has been boiled and chopped, a teaspoon of chopped pecan nuts, the juice of an onion, a small piece of celery chopped very fine, with a strip of green pepper and a gherkin pickle. Mold to a smooth paste, adding a teaspoon of worcestershire sauce and one of chutney syrup. Serve on wheat bread rounds.

Chestnut Filling

Boil until tender, after peeling and blanching, a quart of chestnuts; mash them and add a lump of butter, a dash of nutmeg, a pinch of salt, and enough honey to make a spreading paste. Serve on whole wheat bread squares.

Liver Savory Filling

Take a half pound of the liver sausage (leberwurst), remove it from its casing, and add to it the juice of an onion, a half saltspoon of salt, a saltspoon of pepper and a tablespoon of worcestershire sauce. Grate in one onion and work the mixture to a smooth paste. Serve on rye bread rounds.

Cheese and Chive Filling

Take a cream cheese and work to a smooth paste, with a little sweet cream; add a saltspoon each of pepper and salt,

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the juice of a small onion, and a tablespoon of chopped chives. Serve on slices of brown bread.

Fried Apple Filling

Slice thickly and core six tart apples. Fry the slices in hot fat to a delicate brown and lay the hot slices on whole wheat bread rounds, that have been lightly spread with anchovy paste, dust with pepper and salt, and a pinch of sugar.

Sausage and Apple Filling

Take some well seasoned sausage meat and mold it into pats, rather thin, and the size of the bread rounds; fry a delicate brown and drain. When cool, lightly dip in thick apple sauce and serve as sandwiches.

Cranberry jam, grapefruit marmalade, and tomato jelly with mayonnaise are also good for fillings in hearty outdoor sandwiches.

Sandwiches keep much better if wrapped before putting into the hamper in linen cloths that have been wrung out of cold water. Cutting them in fancy shapes is hardly advisable, as they do not pack so well, and if they are left square with the crusts cut off they are just as dainty for the outdoor appetites.

The meat pies may be carried in the pans they are baked in, placing them on sheets of cardboard with a sheet between each layer of the pies; then do them up in brown paper. They make a very pleasing change, which a trial will convince the picnicker of.

Fruit pies may be made and carried in the same way, providing the juice is thick enough to jell. Small lemon pies are especially good made with a latticed crust instead of a meringue so that they carry well.

Layer cakes are hard to manage, but pound and other slicing cakes are all right, fruit tarts can be managed by

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packing them in layers in a deep box and placing a sheet of cardboard between each layer.

Besides the deviled crabs, which are always good, there are the lobster ramekins, that are quite new, and they may be packed like the tarts, with pasteboard between each layer. If one chances to have a guest or two who are on the meatless diet it is not a bad idea to have a cold nut loaf to offer them with their bread and butter; also cheese, vegetable, and fruit sandwiches, which they can enjoy freely.

As salads are so much nicer made fresh, it is a good idea to make and bottle the kind of dressing that is to be used, and after washing the lettuces put them into a linen salad bag and lay them against the ice; the meat, fish, or vegetables may be prepared with the celery chopped and put into the salad carrier. It will take but a few minutes to finish the salad on arrival at the picnic ground. If the carrier is tightly covered the salad material will not dry out. Eggs that are cold boiled for the salad garnish should be wrapped in wax paper and put on top of the salad until it is time to use them. Eggs that are deviled should be wrapped in wax paper and dropped into an ordinary egg box with the compartments, so they will carry in perfect condition.

If the juice of three or four dozen lemons is squeezed and strained into a bottle, then put in the hamper next the ice, and three pounds of sugar is melted in one pint of boiling water and allowed to cool, then put into another bottle, lemonade will be a simple matter to make and can be made in any quantity as it is needed.

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CASSEROLE COOKERY

A KNOWLEDGE of casserole cookery will be found quite valuable, economically speaking, for the woman who cooks for a small family. It is often difficult to market wisely and well for two people so as not to have food left over each day. But the casserole dish, in many instances, will make yesterday's extravagance to-day's economy, thus allowing a greater variety of choice in foods without danger of waste.

The casserole has one advantage over other modes of cooking in that it cooks slowly and thoroughly the foods that require such cooking without making them dry and tasteless. The old-fashioned pipkin, the earthen dish with a cover used on top of the stove, and the old pot-roast pots with grating, in the bottoms, were the forerunners of the casserole.

Almost any kind of food, from soup to preserves, may be cooked in the casserole, but for braising meat, stewing, pot-roasting, and the stewing of fruit or vegetables they are especially recommended. A medium and slowly rising oven is right for casserole cooking, with the steady heat kept at 212° F.

In using recipes for various dishes to be cooked in the usual ways, but which one may wish to try in the casserole, double the cooking time given. For instance, a stew that calls for one hour cooking in the usual way should be given two hours to cook in the casserole; or meat pie that calls for thirty minutes cooking should be cooked an hour. Another point to remember in using the covered casserole is that only enough liquid, sauce, stock, cream, or whatever liquid the recipe calls for, should be used to cover the solid food

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of which the dish is composed. The liquid does not cook away as in other methods of cooking; consequently, if too much is used, when the juices cook from the solid food, the entire dish becomes too wet, and is unattractive.

If a sauce requires thickening, before sending the casserole to table remove the cover and stir in the thickening evenly; replace the cover and allow the cooking to go on for a few minutes more before serving. If the family dinner hour is likely to be delayed, there is no food which keeps in better condition for a greater length of time than that cooked in the casserole.

The earthenware casserole dishes are good to use in cooking on top of the stove foods that are to be served in other dishes, or for preserving. It is always wise to use an asbestos mat under the casserole when cooking on a gas or electric stove, and to set it away from the hottest part of a coal range. For the oven there are the pretty, covered glazed casseroles, green or brown on the outside and white within, and those which are still newer made of heavy glass. The glass dishes hold a more intense heat than the others and one may watch the process of the cooking without raising the lid. Silver and nickel insets come for dishes of all sizes.

If one is going in for this method of cooking seriously dishes of several sizes will be required, including one large enough to boil fish, chicken, or ham. As the dishes are rather expensive they should be well cared for. When new, fill them with water and let it slowly come to boiling point, remain at boiling point for an hour, then allow it to slowly cool. This prepares the dish for use and prevents cracking. Wash the dishes in warm soapsuds, but never scrape or scratch them so as to mar the glaze.

Though there are a number of recipes scattered through this book that are suitable for casserole cookery, especially in stewed and creamed foods, the following are some particularly adapted to this use. Unused, tough, or rag ends of steak, portions of braised or fried cutlets, pieces of roast beef or lamb, chops or chicken, boiled or broiled fish, vege-

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tables or macaroni combinations may all be converted into excellent casserole dishes with but little time and trouble after one has learned how.

Guinea Fowl in Casserole

Clean and truss the fowl in the usual way for boiling. Let it boil in a covered casserole until tender, adding a bud of garlic, a bay leaf, three cloves, and a celery stalk to the water. When done take up the fowl, and when slightly cool joint it and arrange it in a well buttered casserole dish. Heap in the center two cups of potato balls cut with a cutter and arrange a border of thinly sliced carrots and peas around the edge; make a rich brown gravy, using a little of the stock the fowl was boiled in, about a cup of it, with a cup of strained tomato juice and the juice of an onion. Season well and thicken, with a little browned flour creamed with butter, to the consistency of cold honey, then turn it over the fowl. Cover and cook from one and a half hours to two hours in a medium oven. Fresh chicken may be cooked in the same way only using a cream sauce, or cold fried, broiled, or boiled chicken that may be at hand from the day before can be used up in this way.

Beefsteak Rolls

In buying a large steak, the best cut of sirloin, have the butcher cut the tender part of the steak ready for broiling and the flank end let him split with a sharp knife into two thin slices. Lay the broiling steak away for next day, and take the flaps and lay them out on a platter. Make a good savory stuffing after any of the recipes given under that heading. Spread the flaps lightly with butter, then a layer of the stuffing, and roll them pinning them with wooden toothpicks or tying them with kitchen tape. Cut them in half to form four little rolls and lay them in a buttered casserole. Have ready two cups of string beans that have been carefully strung and boiled tender, drain and lay them

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in the center of the dish, turn over all a good, smooth, well seasoned tomato sauce, and cook for an hour or a little longer. If it has seemed best to broil all the steak, then what remains over may be used in the same way, but to have it tender it will have to be cooked a little while longer. If one likes them, six kidneys may be boiled until tender, throwing off the water seven times during the boiling, and be added to the sauce.

Cabbage Surprise

Take one small firm cabbage, cut out the heart, strip apart the leaves and wash them carefully. Chop coarsely and put in a buttered casserole. Turn over the cabbage two cups of rich milk, dust it with pepper and salt and a teaspoon of sugar, cover, and cook for two hours. Take any cold cooked vegetables that are at hand and chop them, mix a heaping teaspoon of cornstarch in a little cream, open the casserole, arrange the chopped vegetables as a border, add the thickening, and cook a half hour longer, then serve.

Fish Pudding

Take cold boiled cod, halibut, or tilefish left from a boiled fish dinner, free it from skin and bone, then flake it with a silver fork. Put a layer of the fish in a buttered casserole dish, then a layer of finely minced onion, dry crumbs, and chopped cold boiled potato, dust with pepper and salt, dot with lumps of butter, then add another layer of fish, and so on until it is all used. Add one cup of cream, two tablespoons of melted butter, and a teaspoon of sugar. Cover and cook in medium oven an hour and a half; the last fifteen minutes remove the cover to let it brown lightly on top. Oysters or clams are good cooked in this way. Or fish that is left or shell food either may be put into a hot Newburg sauce, after being flaked, and then turned into a casserole dish to cook for a half hour, either of which makes an excellent dish. Serve with grilled potatoes and peas.

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Veal Ragout

This is a cheap and good dish as well. Take six veal chops (loin not rib) and trim them from the bones (which may be added to the stock pot). Dip the pieces of meat into flour and brown them quickly in hot butter. Put the meat into the casserole dish and after adding a cup of stock to the butter the meat was fried in, seasoning and thickening it, turn it over the meat. Put six boiled artichokes in the center and cook in the oven one hour.

Hamburger Steak

For two people, have a pound of top round steak chopped fine and a wee bit of fat chopped with it. Pare one large Spanish onion or two white onions, then chop them fine and sauté them in butter until they are done and are a delicate brown. Spread part of the onion on the bottom of a small casserole dish, then lay on the steaks, spreading the rest of the onions on top with the butter they were cooked in. Dust with pepper and salt, then pour over all a cup of rich stock, cover, and cook one hour. If desired the steak may be surrounded with potato balls.

Roast Beef Rosette

To use up the remaining part of a rolled roast of beef, if one does not care for it cold, slice with a sharp knife as many perfect slices as possible, and trim them nicely. Then take all the scraps and chop them very fine, adding an onion and a half of a red pepper, a saltspoon of pepper and a half teaspoon of salt, a half cup of bread crumbs, a half teaspoon of powdered herbs, and two teaspoons of chutney syrup. Mix the ingredients and after adding a tablespoon of melted butter add the stiffly beaten white of one egg. Spread the stuffing between each slice of meat, piling them sandwich fashion in a buttered casserole. Take a large can of button mushrooms, drain them, and lay them around the

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edge with a dozen little potato balls and turn over all a cup and a half of brown sauce, the recipe for which will be found with the gravies and sauces. Cover and bake in a medium oven for an hour and a half. This will be sufficient for four persons if there have been eight perfect slices of meat, if less then there will be enough for three. Cold leg of lamb may be used up in the same way, using a white sauce instead of the brown sauce. Again roast veal may be fixed in this way, using a tomato sauce and a ring of boiled rice instead of the mushrooms.

Baked Calf's Liver

Buy one pound of milk liver and instead of having it sliced have it split nearly through. Wash it, lard the thick part with bacon, and fill the opening with a savory stuffing. Lay in a buttered casserole, garnish the top with sliced hard-boiled eggs and sliced truffles, dust with pepper and salt, and turn over a half gill of melted butter, a small tumbler of melted currant jelly, and a wineglass of madeira wine. Cover and cook an hour and a half in a medium oven. This is an especially savory dish for three people and not expensive though it is a little troublesome to make.

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